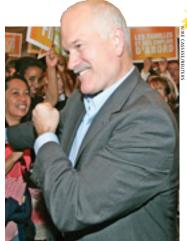




Why wote for me?









Federal party leaders, from left: Stephen Harper, Stéphane Dion, Jack Layton and Elizabeth May are all hoping to add seats in the House of Commons after today's federal election results are counted.

A final pitch from each party leader in their own words

STEPHEN HARPER, CONSERVATIVE PARTY

I love Canada deeply and being prime minister is a great honour. In these times of global economic uncertainty, it's a great responsibility, too. The most important thing to me is that Canadian families are protected.

That's why we paid down nearly \$40 billion in government debt. We lowered taxes by \$3,000 a year for the average family. We brought in new reforms to Canadian banks, making them the safest and most secure in the world. We are careful with spending, making targeted investments in key manufacturing sectors

We did what Canadian families expect us to do — we made sensible preparations that are paying off.

Canada now has the strongest economy in the G7.

There are many reasons to vote Conservative, from our sensible approach to crime to our strong support for families. But right now, the most important thing is to protect our Canadian economy—and to stop Stéphane Dion's risky carbon tax

I respectfully ask for your vote.

TORSTAR NEWS SERVICE

STÉPHANE DION, LIBERAL PARTY OF CANADA

At the start of this campaign, I asked Canadians a very straightforward question: Has Canada grown stronger under the Harper Conservatives?

Stephen Harper has failed Canadians. Worse, he also has no plan to help Canadians deal with the challenges they face. To hardworking families struggling to make ends meet, Mr. Harper's response is: Look for bargains in the falling stock market. After burying their heads in the sand for months, the Conservatives are now panicking and grasping at straws.

Only the Liberal Party offers the combination of a strong record as economic managers, a strong team of experienced men and women ready to take action on Day 1

In our first 30 days, we will invest in infrastructure projects and in the manufacturing sector to boost job creation.

A Liberal government will cut your taxes. We will cut greenhouse gases. We will help recruit more doctors and nurses. We will invest in public transit, child care and the fight against poverty.

For a progressive government, you must vote for your local Liberal candidate.

TORSTAR NEWS SERVICE

JACK LAYTON, NEW DEMOCRATIC PARTY

When you vote today, ask yourself: "Which leader and which party is on my family's side?" I'm confident you will choose the New Democrats.

Prime Minister Harper doesn't care about the kitchen table concerns of everyday families

Stéphane Dion doesn't have better ideas.

We'll respond quickly and effectively to uncertainty — re-regulating banks, and introducing our plan to reinforce and reinvest in our real economy within 100 days of this election.

We'll invest in skills-training and protecting jobs; in infrastructure and transit. We'll help families make ends meet through an enhanced Child Benefit.

We'll protect ordinary people's savings, pensions, homes and jobs.

And we'll act on other key concerns of Canadian families — like helping the five million Canadians who don't have access to a family doctor.

Our mainstream, prudent and widelyadopted climate change plan will lower emissions, and clean our air and water fairly.

Vote New Democrat. TORSTAR NEWS SERVICE

ELIZABETH MAY, GREEN PARTY

As Leader of the Green Party, I am committed to living up to the ideals of our nations' founders; those who 250 years ago started the tradition of representative democracy.

Our concern is not solely Canada's own greenhouse gases, which must be reduced dramatically, but the crafting of a better climate agreement for the world. The Harper government wants to sabotage that process.

We need to recognize that the climate crisis is an amazing economic opportunity. Moving now to shift our economy from fossil fuel dependency to a modern, efficient, low-carbon economy is possible.

With the current global financial crisis, climate action is a large part of the solution. Investing in our infrastructure will restart a sluggish economy. We must eliminate poverty — in our cities, rural areas and especially for aboriginal peoples. We will protect health care, provide universal child care, reduce student debt, and help seniors through a pharmacare plan. All of this is affordable.

To realize these goals we need a Green Caucus in the House of Commons.

TORSTAR NEWS SERVICE

EDMONTON JOB FAIR

Wednesday, October 15, 2008 12:00 – 6:00 pm

Shaw Conference Centre - Salon 8/9 9797 Jasper Ave., Edmonton, AB T5J 1N9

REGISTER TO ATTEND

www.nasinstitute.com

Exhibitors at the Fair include Academy of Learning, Xerox Canada, Easyhome, JV Driver Projects, Northern Crane Services, Save on Foods, Paladin Security Group, Bell Distribution, Edward Jones, Immigrant Access Fund, NorQuest College, University First Class Painters, Investors Group Financial Services Inc, Concordia University College of, Canadian Forces Housing Agency, Siemens Laserworks Inc, The Dominion of Canada, General Insurance Company among many other recruiting organizations.



WINTOFS SONY BUNDLES A DAY

LAST CHANCE TO WIN

Contest ends October 30

Get free RBC° student banking today

www.rbcp2p.com/sonydaily



CREATE A BETTER STUDENT LIFE.

RBC Royal Bank®

*No purchase necessary. Contest runs from August 5th, 2008 at 9:00 a.m. (EST) and ends October 30th, 2008 at 11:59 p.m. (EST). Draws for daily winners begin Sept. 2 and grand prize draw on December 15th, 2008. Only one entry per person. Open to Canadian residents who have reached the age of majority in the province or territory in which they reside. There are 185 prizes available to be won. Approximate retail value of all prizes is \$252,000.00. Odds of winning depend on the number of eligible entries. A correct answer to the skill-testing question is required. For full Contest rules and how to enter without purchase, please visit www.rbcp2p.com/freetoplay/rules. ® Registered trademarks of Royal Bank of Canada. Trademarks of Royal Bank of Canada. Royal Bank of Canada.

Get ready to get spooked at the city's premiere Halloween event. Oct. 17-19 marks another year for the Scarecrow Festival at Northlands AgriCom. There will be haunted houses, a bouncy pumpkin, crafts, and, of course, scarecrow making. Admission is \$3 per person. Check www.scarecrowfestival.org for hours. METRO EDMONTON





Cheer on Team Canada

Soccer fans the time has come: The 2010 FIFA World Cup South Africa qualifier is tomorrow. Canada vs Mexico at Commonwealth Stadium. Game time is 7 p.m. Watch where you sit, though. There are designated areas for Mexican and Canadian fans. Canada is hoping Edmonton's October weather will put a chill on our southern friends. Metro Edmonton



Locals thankful for community feast

MICHAEL SIMPSON for Metro Edmonton

It was more than turkey and stuffing that put a smile on the faces of the roughly 1,700 people who enjoyed a complimentary Thanksgiving supper at the Boyle Street Co-op yesterday.

Kevin Constant moved from Manitoba to find work in Alberta this past year, and three children, ages 14, five and two years old. The 33-year-old is finding work through a temp agency while staying at the Herb Jamieson Centre downtown, sending money back home whenever he can and checking in over the phone every few days.

"This helps out big time," Constant said. "Especially since this is my first Thanksgiving away from my family.

of family out here, we keep each other company.'

"The looks on their faces when they get a plate of food ... it's a great feeling" Carmen Wasylyniuk

Constant was one of many people lined up in the crisp fall weather at noon,

first 278 people that will be let inside to feast on over 500 pounds of mashed potaand carrots, 1,500 pounds of turkey and 80 litres of gravy that were pre-pared by NAIT's Club Culinaire students.

"The fact that we can come together and feed so many people at once is over-whelming," Club President Carmen Wasylyniuk said.

Driving from Barrhead

school meant an early start yesterday, preparing the large volume of food, most of which was donated by local businesses. Wasylyniuk said its all worthwhile when grateful patrons at the co-op get a home cooked meal away from home.

"The looks on their faces when they get a plate of food, something home-made for them, it's a great feeling," she said.

News in brief

CRIME Red Deer RCMP are still looking for leads following last Thursday's early morning breakin at the Jackpot Casino. A number of gold bars were taken by two individuals, both dressed in dark coloured jeans and hoodies. Although the thieves were caught on security cameras authorities haven't been able to tell if they were men or women. No tips have been received from the public, the RCMP said.

MICHAEL SIMPSON/ FOR METRO EDMONTON

Tradition proudly continues

VICTORIA HANDYSIDES victoria.handysides@metronews.ca

GIVING A Mill Woods couple kept a tradition alive and packed a few hundred bellies full of turkey yesterday, as washing machines chugged on in the background, and as people took care of holiday loads of laundry.

Diah and Hong Park opened the doors of their Milbourne business

Laundromat vesterday. to serve up the spirit of Thanksgiving, keeping a yearly tradition alive.

"The previous owners did it for many years, and we decided to take over the tradition," Hong said, adding the couple have been serving dinner for all three years they've owned the business.

"It's the spirit of sharing." The couple came to Canada as Korean immigrants nearly 30 years ago, and say that they know what it's like to be missing traditions from home.

The couple bought and cooked 13 giant turkeys for 700 visitors this year. Though the feast was backed by a few donations it still cost the couple more than \$2,500.

'We don't mind doing it, in fact, we enjoy it," Hong said. "The community really gets involved. This is a tradition, people know



Millbourne Laundromat co-owner Diah Park, aided by Derrick Hwang, Borrey Kim, and the owners' son Soloman Park, serve up some turkey to children in line yesterday.

metr@news.ca

What's online today

Watch an Elvis impersonator make his third bid for Belinda Stronach's former seat and watch experts break down the election's final opinion polls, predicting a Tory minority at etronews.ca/canada Play online Sudoku!

Lotteries

Friday, Oct. 10

Lotto Super 7 2, 8, 10, 16, 21, 33 & 46. Bonus 30 Saturday, Oct. 11

Lotto 6/49 7, 8, 23, 38, 39 & 45. Bonus 47 These results are not official.

Your First Step toward a Rewarding Career

Business Administration / E-Commerce Management

- Study business communications plus sales and marketing strategies
- · Master industry standard software, including MS Office Suite and Simply Accounting
- Plan, promote and manage an online business

✓ Practicum placements for all programs

Also Available:

Medical Office Assistant Acupuncture Program - NEW! **Paralegal Diploma Program Business Admin Management Accounting & Payroll Administrator**

✓ Supportive learning environment





local

Give your stomach a treat — or fight — with a Halloween chili cook-off

Bring empty bellies and polished eatin' tools downtown on Halloween, because the streets will be filled with the smell of the Edmonton Downtown Business Association's Annual Chili Cook-Off. The annual event will be held at Scotia Place, and starts at noon. METRO CALGARY

Area man scores hockey anthem

ering from the rush of fame that accompanied his victory on Saturday in the CBC hockey anthem contest, a rush he predicts will be short-lived.

"It's one of those things," Oberst said from his Beaumont home south of Edmonton. "Fame is fleeting."

Following his win in Toronto, Oberst recalls being whisked away to a Maple Leafs game where the response from the crowd wasn't overly welcoming at first.

"The fans didn't take to it too well," he said. "I think however that the Maple Leafs and their fans still don't like what CBC had done with the old anthem."

The first backlash of the new anthem, titled "Canadian Gold," is that it lacks the catchiness of its predeces-

Winnings

Along with bragging rights, Olbert will receive a \$100,000 prize and 50 per cent of the royalties from the song's future plays.

sor. Some feel the symphonic overtones is more akin to an Olympic theme than a blue-collar tune.

"Hockey is a sort of royalty in Canada and I wanted to convey a sort of grand feeling in my song."

Oberst, who has a recording studio in his house and is an elementary teacher at Holy Family School in Mill Woods, has been involved with music for 20 years.

He said the recent win won't change his life.

"I'll still be teaching," he said. MICHAEL SIMPSON/ FOR METRO EDMONTON

Fire blamed on Thanksgiving meal mishap



A fire that ripped through a townhouse Sunday along Hermitage Road near 50th Street in Edmonton yesterday.

BLAZE A fire in a townhome in northeast Edmonton is being called a tragedy, but a preventable one.

preparing woman Thanksgiving dinner around 10:30 a.m. Sunday allegedly ran next door to see a neighbour. When she returned a short time later, grease from the food she had been cooking had ignited and fire spread through the townhome at 352 Hermitage Rd. The woman was treated at the scene for minor smoke inhalation.

'Grease fires are generally due to people getting pre-occupied," said Nikki Booth, of the Edmonton Fire Department. In the case of a grease fire, she said it's best to call the Fire Department.

"When people try to fight fires themselves, it can be deadly," Booth said. "Often people will try to throw water on a grease fire, which spreads the flames. Typically baking soda would work to put out the flames.'

MICHAELSIMPSON/FOR METRO EDMONTON

Six-car pile-up leaves 11 injured

COLLISION A busy intersection overlooking the river valley was a sea of flashing lights and shattered glass Sunday morning, after a six-car pile up sent almost a dozen people to hospital.

Traffic was completely shut out of the intersection of 99 Street and Saskatchewan Drive shortly after midnight Sunday, after a minivan rear-ended two vehicles stopped at the northbound traffic lights, causing a chain reaction of collisions within a spilt second.

Three other vehicles were involved in the sixvehicle smash-up, with a total of 16 people, both drivers and passengers.

In total, 11 people were treated for a varying degree of injuries, five of whom were rushed to hospital. One man was left in critical condition as a result of the crash.

METRO EDMONTON

Career Finder

To Advertise Contact Cherrie.Crisostomo@metronews.ca



Pizza 73 Is Hiring In Delivery Drivers In Edmonton

Pizza 73 is hiring **Pizza Delivery Drivers** at our 5003 118 Ave Edmonton location to deliver our award-winning wings and excellent pizza. In addition to superior customer service, great communication skills and a positive attitude are essential. We pay cash nightly!! Full time positions are available immediately. Preference will be given to those who are able to start work at 4pm.

Please forward your resume to jobs@pizza73.com.

quoting "Shop 6" in the subject line. We are accepting applications in person at 5003 118 Ave in Edmonton after 4pm.





SEALY CANADA LTD

14550 - 112 Ave, Edmonton AB T5M 2T9

Sales Secretary for Sealy Canada
We offer competitive salary based on experience and a full company-paid
benefits package. Duties of the sales secretary will include:

- Responsible for reception desk duties. Greets customers, suppliers and vendors.
- Distributes mail, faxes, inter-office mail etc. Sorts out credit/debit memos and gives to managers for approval.
- Processes customer invoices. Matches invoice copies with back-ups and edits Mails out invoices. Works with IT when
- errors occur during updating process.

 Makes service calls when necessary for repairs of office equipment.
- Updates telephone listing as needed.
- Performs reconciliation of daily pieces shipped vs. invoices of the same.
- Checks for any discrepancies in the daily piece tracking report, daily billing detail reports etc.

 • Produces management report on a
- daily basis.
- Produces correspondence, presentations and price list in a timely and accurate manner.
- Maintains appointments/meetings calendar and handles all mail and filing for the manager.
- Gathers information and accumulates monthly sales reports.
- Handles advertising and spiff claims

Please submit resume by email to: Iharder@sealy.com

Job At Home

\$487.68 Weekly. Mail Work, Assemble Products or Computer Work. www.TopJobAlberta.com Or Write to: CHR Jobs, 372 Rideau St. #916-MC1 Ottawa ON, K1N 1G7 🚄

COAST TO COAST

Pick-up your Metro daily!







Go pink for Rethink

Support the cause in style with a sleek smartphone that really does it all. Browse the web on the go to get the latest news headlines. Figure out where you're headed with GPS. Get up-to-the-minute weather updates from just about anywhere. And stay connected with email and instant messaging. A great smartphone and a great cause. Now that's smart.

\$25 will go to support Rethink Breast Cancer when you purchase the exclusive Pink BlackBerry® Pearl™ smartphone.

Visit telusmobility.com/pinkpearl for details.



TELUS AUTHORIZED DEALERS

EDMONTON

Kingsway Garden Mall

TELUS Plaza North

Bonnie Doon Mall

City Centre Mall

Londonderry Mall

Northgate Mall

South Edmonton Common

Southgate Mall

West Edmonton Mall

Downtown

11315 104th Ave.

9915 - 108A Ave. NW

WEST END

100 - 10429 178th St.

9935 170th St. 10620 178th St.

17508 Stony Plain Rd.

,

NORTH

5 - 14220 Yellowhead Trail

14903 118th Ave

12714 137th Ave

13034 50th St.

SOUTH

10309 34th Ave. 4909 99th St.

4515 Gateway Blvd.

5926 99th St. NW

5912 104th St.

Fort Saskatchewan

9542 86th Ave.

9914 103rd St.

Leduc

6B - 5904 50th St.

5205 50th Ave.

Sherwood Park

Sherwood Park Mall

973 Ordze Rd.

26 Strathmoor Dr

Spruce Grove

116 Westland Market Mall

30 - 96 Campsite Rd.

St. Albert

St. Albert Centre

30 - 200 St. Albert Rd.

20 Muir Dr. Stony Plain

10182 Boulder Blvd.

For more details on this great offer, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.





6

Olympics security budget delayed

The security budget for the 2010 Winter Olympics in Vancouver has not yet been released because the federal and B.C. governments haven't yet agreed on a cost-sharing arrangement. Since the Salt Lake games in 2002, every Olympics security budget has been over \$1 billion. METRO NEWS SERVICES

Canada



Battling listeria

Health Canada has approved the use of a new preservative in an effort to combat the when used in combination with sodium lactate, can help slow the growth of the harm-SOURCE: CBC NEWS ONLINE

threatened for \$2.5M ransom

CRIME Somali kidnappers have threatened to kill Canadian journalist Amanda Lindhout and a photographer if a \$2.5-million ransom is not paid in 15 days, CBC News Online reports.

Iran's Press TV reported yesterday that one of the kidnappers warned a correspondent in Mogadishu.

Lindhout and Nigel Brennan, an Australian, were kidnapped Aug. 23.

Climate change threatens peatland

SCIENCE Warmer temperatures in the years ahead will dry up Canada's peatlands, release more carbon dioxide into the world's atmosphere and aggravate global warming, a new study has found.

METRO NEWS SERVICES

Journalist's life threatened for Ontario police force facing \$9M Taser suit A \$9-million lawsuit has A \$9-million lawsuit has

been filed by a Mississauga, Ont., man who claims 50 Peel police officers were involved in a station-wide coverup of his beating in an interrogation room.

Patrick Quinn, 35, alleges he was repeatedly assaulted and Tasered at 12 Division last Jan. 15 and 16 because he couldn't provide information about guns on the street.

Four officers are alleged to have directly participated in the assault after a videotape recorder was deliberately turned off.

The alleged assaults oc-curred in the same police station where Sean Reilly, 42, of Brampton was Tasered last month and

Unproven

• All allegations in the statement of claim, filed earlier this week in Toronto by lawyer David Shiller, have yet to be proven in court.

then died 12 hours later in hospital.

The province's Special Investigations Unit (SIU) is probing the Reilly incident to determine whether criminal charges should be laid against any officers.

SIU spokesperson John Yoannou said they were never involved in the Quinn matter.

Peel Chief Mike Metcalf, the Peel Police Services Board and 50 officers, identified only as John and Jane Doe, are named in the suit.

Quinn, who has a lengthy criminal record for drugs and break and enter, claims officers thought nobody would believe his allegations, the lawsuit claims.

"The physical injuries include broken ribs, bruising and swelling around his ribs, eyes, jaw, chest, shoulder, as well as Taser burns to his back, arms and face," Shiller told Torstar News Service yesterday.

Metcalf is out of the country, but Deputy Chief Paul Tetzlaff said yesterday he wasn't aware of the lawsuit or if it had been filed with the force.

TORSTAR NEWS SERVICE

Vancouver Homelessness action



A man walks by a "green graffiti" message on a Vancouver sidewalk yesterday. The awareness campaign by The Greater Vancouver Regional Steering Committee on Homelessness is timed to coincide with the launch of Homelessness Action Week 2008.

News in brief

BLACKOUT More than 200,000 Vancouver Island residents ate turkey by candlelight when the southern part of the island blacked out between 6 and 8 p.m. Sunday night. B.C. Hydro did not know the cause of the power outage at press time.

ACCIDENT A tour bus with 20 passengers on board rolled off a road and down a nine-metre embankment on B.C.'s Blackcomb Mountain yesterday. Twelve people were injured in the crash.

METRO NEWS SERVICES

AIR CANADA (*) VACATIONS

Puerto Plata via Toronto

EARN UP TO 10,050 AEROPLAN MILES¹

Breezes Puerto Plata Resort, Spa & Casino • 4★

Super All-Inclusive • Standard rm. Nov 8, 15, 22 & 29 • 1 wk.

Jamaica via Toronto

EARN UP TO 10.050 AEROPLAN MILES

Breezes Montego Bay • 3★

Super All-Inclusive • Deluxe rm. Nov. 3, 17 & 23 • 1 wk.

Varaderovia Toronto

EARN 4,450 AEROPLAN MILES* PER MEMBER

SuperClubs Breezes Bella Costa • 3★

Super All-Inclusive • Superselect run-of-the-house rm. Nov. 2, 9 & 16 • 1 wk.

\$889

Jamaica via Toronto

Breezes Runaway Bay Resort & Golf Club • 4★

Super All-Inclusive • Deluxe rm. Nov. 3, 17 & 23 • 1 wk.

Varadero via Toronto

EARN 4,450 AEROPLAN MILES† PER MEMBER

SuperClubs Breezes Jibacoa • 3 1/2 ★

Super All-Inclusive • Garden view rm. Nov. 2 & Dec. 7 • 1 wk.

Nassau, Bahamas via Toronto

EARN UP TO 9,210 AEROPLAN MILES²

SuperClubs Breezes Bahamas • 3 ★ Super All-Inclusive • Deluxe garden view rm.

Dec 1 & 2 • 4 nts



CONNECT FREE³ Calgary • Lethbridge • Nanaimo • Regina • Saskatoon

aircanadavacations.com Call 1866 529-2079 or your travel agent

Pay with your



and we'll

match your savings

up to



Enrol in the new

Bank The Rest[™] savings program

and save up to \$100 more!



With Bank The Rest, every time you pay with your Scotiabank debit card, your purchases are rounded up and the difference is transferred into a savings account. And when you open a **Scotia One**TM account before November 2, 2008 and enrol in the Bank The Rest savings program, we'll match what you save up to $^{5}100$. So when you spend, you save. And you save some more.

banktherest.com

You're richer than you think:



The Bank of Nova Scotia. *Registered trademarks of The Bank of Nova Scotia. *To be eligible for the up to \$100 match up offer you must be a Canadian resident aged 19 or older, open a new Scotia One *Nacount between September 15, 2008 and November 2, 2008 and be errorled in the Bank if Nova Scotia. *To be eligible for the up to \$100 match up offer you must be a Canadian resident aged 19 or older, open a new Scotia One *Nova Scotia.** One *Nova Master account on May 15, 2009. Only one matching borus will be credited for an eligible Scotia One account, Money Master account the Money Master account on May 15, 2009. Only one matching borus will be credited for an eligible Scotia One account, engagings of whether the account is they more than one person. This offer cannot be combined with any other offer and is not available for Scotia One accounts with a fee waiver. Scotiabank reserves the right to extend, cancel or withdraw this offer at any time without notice. Full terms and conditions are available at your branch or at banktheres.com
Bank note images used and altered with permission of the @Bank of Canada.

Prime minister's salary has skyrocketed

The salary of the prime minister has jumped 130 per cent over the last 20 years. In 1988, a prime minister made a base salary of \$66,600. In 2008, the base salary of a prime minister is \$155,400. METRO NEWS SERVICES





One-man rule put to the test

Drama tonight may be in seeing how big or small Tory minority will be



even both-That could well be the reaction from Canadians when they see the election results tonight.

Polls suggest it will be the ditto election. A replica of the last one. Conservatives will likely pick up five to 10 seats, but will be left well down in minority territory. The Liberals will lose a few, the NDP will make a couple gains. And everybody can continue to be numbed by our uninspirational leaders and go back to sleep.

If these indeed are the results — the pollsters could be wrong the big Stephen loser will be Harper. Most everyone expected Liberal Leader Stéphane Dion to have a tough time. And he did. It was his first campaign. But the Harper Conservatives were at 40 per cent in the polls on opening day and ready to romp to the only thing they seemingly ever cared about winning a majority.

It hasn't happened. This was Harper's third campaign and it was probably his worst. He'll be wondering: Why did I break own fixed-election

People are probably asking: Why did we even bother with this election?

date law to call this thing? The drama tonight will

the Tories win less than be in seeing how big or 140 seats (a majority be-155), pressure will small the Consermount on the PM to vative minority step down. If he turns out to be. Harper can't get close to a been majority against called the a weak opposition, when, his vince her to let them form Incremencritics will ask, talist bea government cause he can he ever do it? prefers The other numsmall steps as ber to watch is if the combined opposed to a big vision. But Liberal tonight, and NDP innumber

mentalism won't do. If exceeds those of the Tories. In such a scenario, they could combine to defeat the government on an early confidence vote. They could then work out some cohabitation agreement and march off to the governor general and con-

> coalition of some kind. At least one thing that type of arrangement would do is end the oneman government in this country. Harper came to Ottawa as a champion of democratic reform. His most serious weakness and a reason why he likely won't score the victory he wanted tonight - is

that he has become very much the oppo-

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

News in brief

LIBERAL After 37 days on the high wire of a national leader's campaign, Stéphane Dion appeared relaxed and upbeat as he tried to rally leftist and Green voters to his cause vesterday. Pollsters were in agreement that Dion, while having only a slim chance at a Liberal victory today, had most likely managed to deprive Conservative Leader Stephen Harper of his coveted majority mandate.

NDP Jack Layton spent the day yesterday in the Greater Toronto Area, finishing up the election campaign as he started, railing against the establishment, including the big banks and oil companies, and promising to support middle-class and working families.

GREEN Elizabeth May ended her campaign yesterday by boldly predicting up to eight seats. Two are in Ontario, four in B.C., one in Nunavut and one in Nova Scotia — the Central Nova riding where she is run-TORSTAR NEWS SERVICE ning.



Watch experts break down the election's final opinion polls, predicting a Tory win at metronews.ca/canada

And now for some good news...

everyday

Quality and convenience can cost less.









Everyday Market Spaghetti (450 g)

Everyday Market Medium Roast Original Coffee (930 g)

Everyday Market Ketchup (1L)

Find these and other great Everyday Market products at select stores. Visit www.shoppersdrugmart.ca/locator for the food store nearest you.



The cost of the 2006 election was \$270 million, slightly less than the 2004 election at \$277.8 million. Voter turnout for the 2006 election was 64.7 per cent, slightly higher than 2004 at 60.9 per cent.

canada

q



Harper frames ballot question for voters

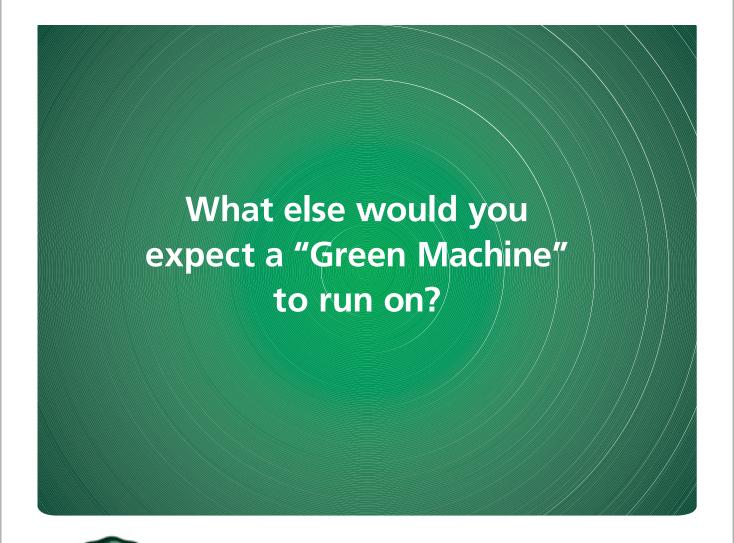
Prime Minister Stephen Harper wrapped up on the West Coast a 37-day campaign marked by economic turbulence and sharp personal shots between rivals that continued to the end.

As he did throughout the campaign, Harper, 49,

framed the ballot question for voters in stark terms:

"If you want a prime minister who will experiment with the Canadian economy, then give Mr. Dion a mandate to impose his carbon tax. If you want a prime minister who will protect the economy, then I ask you for a mandate."

The larger framing of the economy as his No. 1 priority will be a shift for the Harper-led party if he wins another minority government, as polls suggest. TORSTAR NEWS SERVICE



The way we see it, a Green Machine* should run on green power. So we arranged with Bullfrog Power and the Pembina Institute to supply our entire ABM network with clean, emission-free energy from sources like wind and low-impact water. A greener Green Machine is just one of the steps we're taking to reduce our impact on the environment.







10

Anti-tight-pants official is squeezed out

A senior official in Sudan who ordered a crackdown on young women wearing tight trousers has been sacked, officials said Saturday. Police arrested scores of women, many on their way home for church, on charges of disturbing the peace. Officers said their choice of clothing proved they belonged to youth gangs. REUTERS

World/Business

U.S. to buy \$250B in bank stakes

The U.S. government agreed yesterday to take \$25 billion stakes in several big banks in a bid to shore up the banking system and arrest the financial crisis, sources familiar with the situation said.

The move came after Britain, Germany, France and other European countries pledged more than 1 trillion euros (\$1.36 trillion US) to bolster their banks. Officials will announce further details of the U.S. plan today at 8:30 a.m.

The Dow Jones industrial average, which closed last night at 9387.61, and the S&P 500 index raced to an 11 per cent gain, their biggest ever. Wall Street recorded its worst week in history last week

Stocks worldwide added more than \$1.7 trillion in value, based on a record 9.3 per cent gain in the MSCI world equity index.

Banks pledge aid

• The U.S. Federal Reserve, the European Central Bank, the Bank of England and the Swiss National Bank said they would lend commercial banks as much U.S. dollar liquidity as they

Treasury Secretary Henry Paulson agreed to spend \$250 billion on equity

stakes in U.S. banks and to a three-year guarantee of bank-to-bank lending, an about-face from a previous U.S. focus on buying bad debt from banks.

The government would take \$25 billion in preferred stock in Bank of America, Wells Fargo, Citigroup, JPMorgan Chase, Goldman Sachs, Morgan Stanley and Bank of New York, the sources said.

REUTERS

Business

Global crisis a green tech setback

A squeeze in lending and fears that a global recession will continue to push down fossil-fuel prices could prove a major setback for the development of clean en-ergy and deployment of green technologies.

If the cost of debt financing jumps from two per cent to eight per cent, will throw a lot of projects of whack, Nicholas Parker, chair and managing partner of Cleantech Group.

There are fears that some projects — particularly small projects, from biogas to solar farms to ethanol production — will grind to a halt as lenders grow more discriminating and direct their money to less-risky projects. It could also become more difficult to estimate costs, which would artificially inflate energy prices. TORSTAR NEWS SERVICE

Bush signs tougher piracy bill

George W. Bush signed into law yesterday a controversial bill stiffening penalties for movie and music piracy at the federal level.

The law creates an intellectual property czar who will report to the president on how to better protect copyrights domestically and internationally.

The law also toughens criminal laws against piracy and counterfeiting. Crit-

ISRAEL President Shimon Peres

called yesterday for reconcilia-

tion between the Arabs and

Jews in the city of Acre. Five

an Arab drove into a mostly

Jewish neighbourhood,

pur, and fights broke out.

days of rioting followed after

disturbing the start of Yom Kip-

News in brief

CONTRABAND U.S. President ics have argued that the measure goes too far and risks punishing people

who have not infringed.
The Recording Industry Association of America and Motion Picture Association of America backed the bill.

Rick Cotton, general counsel for NBC Universal, said the bill would help movie and music makers fight what he called a "tidal wave" of piracy by organized crime. REUTERS

researchers say. The breast re-

construction rate for Spanish-

was 13.2 per cent, significantly

BRITAIN The country's upper

house of parliament rejected

the government's Counter-Terrorism Bill by 309 to 188 votes

yesterday. The bill would have

let police hold suspects for 42

days before having to charge

or release them.

speaking Latinas in the U.S.

lower than other groups.

Seoul Flames at protest



Conservative right-wing protesters burn a portrait of North Korean leader Kim Jong-il during an anti-North Korea protest held near the U.S. embassy in Seoul yesterday.

Business in brief

AUTOMAKERS General Motors is reportedly exploring options ranging from a merger with Ford or Chrysler to federal funding in order to ride out a sales downtown. It will also close two plants in Wisconsin and Michigan.

OIL A looming global recession could make members of OPEC more tolerant to oil as cheap as \$80 US a barrel, one analyst said, but it still needs to cut output to control swelling stocks and prevent a price col-REUTERS lapse.

METRO Edmonton

10123 - 99 Street NW Edmonton, AB T5J 3H1 Tel: 780-702-0592

Advertising: adinfoedmonton@metronews.ca

Editorial: Distribution inquiries: edmonton distribution@metronews.ca metro inquiries@metronews.ca

Publisher, Steve Shrout Managing Editor, Rob McLauchlin rob.mclauchlin@metronews.ca Marketing Manager, Blaine Schlechter Distribution Manager, Jim Hillman National:

Group Publisher, Bill McDonald Editor-in-Chief, Dianne Rinehart Art Director Laila Hakim National Sales Director, Susan Courtney Interactive Director, Jodi Brown

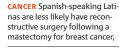
Edmonton's #1 read FREE DAILY newspaper. Source: NADbank 2007/08; base: Edmonton CMA







Metro is the world's largest newspaper, with more than 23.1 million daily readers in 100 major cities in 23 countries



Get free RBC® student banking today. Hurry, contest ends October 30!

WIN 10F3 SONY BUNDLES A DAY

www.rbcp2p.com/sonydaily

CREATE A BETTER STUDENT LIFE.



RBC Royal Bank®

"No purchase necessary. Contest runs from August 5th, 2008 at 9:00 a.m. (EST) and ends October 30th, 2008 at 11:59 p.m. (EST). Draws for daily winners begin Sept. 2 and grand prize draw on December 15th, 2008. Only one entry per person. Open to Canadian residents who have reached the age of majority in the province or territory in which they reside. There are 185 prizes available to be won. Approximate retail value of all prizes is \$252,000.00. Odds of winning deepend on the number of eligible entries, A correct answer to the tskill-testing question is required. For full Contest rules and how to enter without purchase, please visit www.rbcp2p.com/freetoplay/fules. @ Registered trademarks of Royal Bank of Canadada. Towal Bank of Canadada. Towal

Interest rates/Savings accounts METRO NEWS SERVICES

1.0% 0.2% 3.4% 3.0% 3.05% 2.75% 2.25% 0.05%

Please check bank websites as some rates require a minimum account balance.

business **11**

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Knowing the good from the bad and the just plain ugly

have debt so long as it's the right kind

et's be real — most of us carry some form of debt. These davs we all seem desperate to understand how to manage our debt, pay it down, and get rid of it all together.

Just last week in New York, while promoting our book, The Smart Cookies' Guide to Making More Dough, we were asked if it was ever OK to have debt.

Our answer, of course, was "Yes, if it's 'good' debt." There's good debt, there's bad debt and then there's just plain ugly debt. Being a smart cookie means you can differenti-



ate between all three.

The good

Good debt is investment debt that creates value. Some examples include mortgages and student loan or business loans.

Many students head off for school with their first credit card in hand, and if they're using that card to purchase items that will further enhance their education then that's an investment and that's considered good debt.

Credit cards can be a great tool if you're mindful about not only which cards you carry but what the interest rate and terms are.

Bad debt is purchasing something that goes down in value immediately after you swipe your card. If that same new student is racking up her card on shoes and a designer bag to tote her textbooks around in, then, well, that's bad debt.

Many of us fall into the trap of carrying consumer debt on our cards that ends up costing us more than what the item is worth by the time we are done paying interest.

The ugly

Store credit cards and points cards can carry the highest interest rates out there. We get sucked in to thinking we are going to be saving 10 to 20 per cent up front if we open up a new card. However, if you don't pay the balance in full at the end of every month your savings are destroyed by the high inter-

When you pay by credit card, it's far too easy to spend more than you can afford. Every month that you only make a partial payment on your credit account, you're charged interest. The item you bought continues to lose value, and the amount you paid for it keeps increasing.

The bottom line is that if you're going to buy something that doesn't go up in value and you can't afford to pay cash — or to pay your card off in full every month — then you might want to think twice.

Visit smartcookies.com for more tools that will help you become debt free. If you have direct questions related to your debt e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

HiSAVE Savings Account



Can a plummeting portfolio reduce taxes? **MoneyMatters**

in our mid-50s with two children in university. I avoided the stock market for most of my adult life, but for the past three years, against better judgment, I invested most of my retirement savings in the market. Can I use the decrease in the value of my portfolio to reduce my taxes in 2008?

Sale of stocks that have decreased in value is generally considered a capital loss for tax purposes.

Capital losses can be used to reduce capital gains in the current year. Excess capital losses can be carried back three years or alternatively to subsequent years. Investment losses or

Henry Choo Chona choochonghcga@yahoo.ca

gains inside RRSPs cannot be claimed as they are tax Outside-RRSP sheltered. investments must be sold before making a claim.

Canada Revenue Agency doesn't allow a claim when stocks have devalued but there's no sale or disposition. Financial experts call this a paper loss, as you haven't lost money until you've locked in the loss and sold.

> Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

4 DAYS ONLY! A ONCE IN A LIFETIME OFFER!



























- No Matter Where You Call (Yes! Anywhere in the World!)
- No Matter What You Pay (That's right. Just tell us where you call and what you pay your company today!)
- Comwave Will Beat It... Guaranteed!



- Satisfaction Guaranteed No Contracts!
- Call Even From Your Cell Phone
- You're Going to Love the Quality
- This is Not a PrePaid Service

What Rate Are You Paying?

























780-665-1818

12

Warriors suspend injured Ellis

The Golden State Warriors suspended recently re-signed guard Monta Ellis for 30 games without pay Saturday for violating his player contract. Ellis, who signed a sixyear, \$66-million contract in July, underwent successful surgery on his left ankle after a moped accident — a restricted activity in his contract. METRO NEWS SERVICES

Sports



Cherepanov dies suddenly

New York Rangers prospect Alexei Cherepanov passed away yesterday at the age of 19 after collapsing on the bench during a game in Russia. Cherepanov was playing as a forward for Avangard Omsk of the Kontinental Hockey League when the tragedy occurred. Details on what caused the collapse have not been released.

METRO NEWS SERVICES

Oilers take points and run



Underwhelming.

There's no other way to describe the take-the-points-and-run effort the Edmonton Oilers put forth in a 3-2 win over the Colorado Avalanche at Rexall Place to open their season Sunday.

Having waited 192 days between regular season games, the Oilers were the last NHL team to get started when the puck dropped. Even then, they didn't. Get started, that is,

The Oilers talked the talk going in, saying they'd be ready to go after a pre-season in which too many veterans were mediocre and too little effort was expended, but there wasn't much to be happy about aside from a 31-save performance by Mathieu Garon and the final score.

Outshot 33-19 and a dismal 14-36 in faceoffs — a continuation of a troubling pre-season trend — it took Garon, good luck and two goals by Dustin Penner to

salvage a stinker as the Oilers barely broke a sweat in

their new retro jerseys. "We were rusty," understated Sheldon Souray. "We weren't moving. We were in between everything. We'll get better. We didn't have the emotion we wanted to have for whatever reason. We were a bit rusty, a bit tired.'

Colorado had a goal by Joe Sakic disallowed, hit a couple of posts and won 72 per cent of the face-offs, but Penner's deflection at 19:54 of the third period dressed up a feeble effort.

Take the deuce and move along. Nothing to see here.

UPON FURTHER REVIEW The Oilers best stuff was the scoreboard video opening put together by Don

Metz. It was brilliant.

Set to You're Going To Go Far, Kid by the Offspring, the opening paid homage to the team's 30 years in the NHL and, thanks to slick editing and voice-overs from Phillips, had players from different teams and eras playing together.

There was a pass from Ales Hemsky to Kevin Lowe for a goal. There was a Mike Grier to Wayne Gretzky to Robert Nilsson play for a goal. Bill Guerin set up Andrew Cogliano for another.

Easily the biggest crowd pleaser since the Kickstart My Heart opening before the lockout.

ESKIES IN IT

Did you see the Eskimos 27-20 win over the B.C. Lions coming Friday?

The Esks now 9-6 had lost seven straight games on B.C. turf, but the defence threw a blanket over quarterback Buck Pierce, Geroy Simon and the Lions running game. The Esks can sweep the home-and-home series in the rematch Friday.

In a decade covering the Edmonton sports scene, Robin Brownlee has been the news-breaker and insightful voice for sports fans in Oil Country.

Tamps takes 2-1 lead over BoSox

MLB B.J. Upton and Rocco Baldelli each hit a threerun homer as Tampa Bay crushed Boston, 9-1, in Game 3 of the American League Championship Series at Fenway Park. Game 4 is scheduled for

Tuesday night, again at Fenway Park. Boston's Tim Wakefield and the Rays Andy Sonnanstine scheduled to take the mound.

Phillies 7 Dodgers 5 — Shane Victorino blasted a game-tying two-run homer in the eighth, then Matt Stairs followed with a towering go-ahead two-run shot moments later, as Philadelphia rallied to take a 7-5 win and move up 3-1.

Philadelphia ace Cole Hamels will face Los Angeles's Chad Billingsley in Wednesday's Game 5.

METRO NEWS SERVICES

SERVICE DIRECTORY TO ADVERTISE CALL 780.702.0592



for all your Needs!

<mark>780</mark>.690.4363

ADVERTISING

DON'T LET YOUR SPACE GOTO WASTE!

Advertise in the Service Directory

> Call now! 780.702.0592

PSYCHIC

THE GREAT OF THE GREAT MEDIUM & SPIRITUAL HEALERS HERITED TO GENERATION RENOWNED INTERNATIONAL

If for a long time you are looking for solutions to your problems. Nothing is too late in life. 26 years experience, reuniting loves forever. Helps maintain harmony in the couples and prevents separation, success in business, family protection against negatives, bad luck, evil spells.

100% RESULTS GUARANTEED IN 1 WEEK CALL MR.SAKHO 780.429.9625

Calvillo an MVP (mea culpa)



marty.york@metronews.ca

The CFL's best teams unquestionably exist in the West, but the league's best player is in the East.

And that's perplexing.

Anthony Calvillo, see, simply wasn't supposed to be this good this season.

In 2007, he turned in a subpar season that he didn't even complete, partly because of off-field woes that included health issues affecting his wife, who was stricken with cancer. There

Grey Cup halftime

• The CFL is turning to Canadian stars for the Grey Cup halftime show on Nov. 23. Performing will be Theory of a

was rampant speculation entering this season (mea culpa) that AC, as he is known, would sputter and flutter in the twilight of his career.

He's 36, which prompted some (mea culpa) to suggest AC stands not only for his name, but for what he is an Aging Codger.

Yet, as Calvillo led the Als to a romp over the Hamilton Tiger-Cats yesterday, it became clear that he has never in his 15-year-old ca-reer played any better than Andrée Watters. American Lenny Kravitz starred in last year's game in Toronto.

Deadman, Suzie McNeil and

this season.

AC is on pace to record a mind-boggling 6,000 yards in passing this season. He already has thrown for a personal-best 38 touchdowns. Under his leadership, the

Als clinched top spot in the East long ago and need only to win the Eastern final on Nov. 15 before appearing in the Grey Cup game right in Montreal on Nov. 23.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

SCOREBOARD

LEAGUE CHAMPIONSHIP SERIES BEST OF SEVEN AMERICAN LEAGUE Tampa Bay vs. Boston LAST NIGHT'S RESULT

Tampa Bay 9 Boston 1 TUESDAY, OCT. 14 Tampa Bay at Boston, 5:07 (Tampa leads series 2-1)

NATIONAL LEAGUE NATIONAL LEAGUE
Philadelphia vs. L.A. Dodgers
LAST NIGHT'S RESULT
Philadelphia 7 L.A. Dodgers 5
WEDNESDAY, OCT. 15
Philadelphia at L.A. Dodgers, 5:22
(Phillies lead series 2-1)

Canadian

Diabetes

VESTERDAY'S RESULTS
St. Louis 5 Toronto 4 (50)
Buffalo 7 NY. Islanders 1
Detroit 3 Carolina 1
Vancouver 5 Washington 1
Montreal 5 Philadelphia 3
NY. Rangers 4 New Jersey 1
Nashville 3 Chicago 2

Make a change in your life and the lives of people living with diabetes.

WALK OR RUN with



TEAM DIABETES

Walk or run a full or half marathon or shorter distance race in Canadian and exciting international locations. Team Diabetes prepares you for the physical challenge and helps you achieve your

fundraising and training goals.

Team Diabetes is pleased to present an exciting new event – the Athens Classic Marathon! Find out about events in Athens, Reykjavik and Calgary. Enjoy inspiring guest speakers and free refreshment at our information night:

Monday October 20, 2008

7:00 pm

Second Cup (next to Mountain Equipment Co-op) 12336, 102 Ave., Edmonton

RSVP at 306-933-1238 ext. 231 or michael.horbay@diabetes.ca

Learning Curve

Passion display

New SAIT event putting focus on job, not program

ALICIA FOX for Metro Canada

It might just be the first time someone says it's OK not to know what you'll be when you grow up.

Calgary's SAIT, in an effort to reach out to prospective students not interested in hearing the normal chatter about what programs are best, is hosting a unique, first-ever event called OccuPassion where attendants will see what the job — not necessarily the program - will look like.

"It's not passively coming by to pick up a brochure," said Gordon Nixon, vice-president of academics for SAIT. "We want you to engage and talk to our industry partners about different options.'

The interactive, openhouse-style evening will be held Nov. 18 from 4:30 p.m. to 8:30 p.m. and Nixon said both the industry partners and those at the institution are very excited about getting this off the ground.

"It's going to be an extravaganza," said Nixon.



We want you to engage and talk to our industry partners about different options," Gordon Nixon says of SAIT's OccuPassion event.

Not a trade show booth in sight, the event may include talking computer a construction screens, field, architectural design office or even helicopters, but will still have program

information available.

'With today's skill shortage, we're excited to ... be able to help tomorrow's students make informed choices," he said.

Tim Phillips, a second-

year civil engineering student at SAIT, said he liked the idea better than a standard open house.

"It will give (students) more information about what they feel like doing,'

he said.

There will be about 20 partners there, and soonto-be high school graduates, parents, or those looking to switch careers are invited to check it out.

Volunteer organization Katimavik calls for national youth policy

TAGHREED SAADEH

Canada's leading volunteer service organization for young people, Katimavik, is calling for a national policy that would allow more young adults to get involved in community organizations.

'Right now Katimavik is facing a lack of funding to meet the costs of par-ticipation," says Victoria Salvador. Katimavik spokesperson.

ducted last March showed Canadians would support a national policy that offered several alternatives, including tuition credits for students or subsidies for organizations that host youth volunteers.

"A youth policy would .. emphasize affirmative action for youth as a strategy of participation and empowerment," Salvador

Robbie Depriest — who volunteered in Jonquire, Que., Hazelton, B.C., and



Robbie Depriest

Cochrane, Ont. — emphasizes Katimavik is an opportunity for young people to learn through community volunteering and engagement.

everything that makes Canada one of the most beautiful countries in the world," Depriest, 25, said.

For the past 30 years, Katimavik has given more than 28,000 young Canadians the opportunity to volunteer in more than 2,000 communities across the country. Every year, nearly 1,000 young people contribute to Canada's social and economic life by taking part in a ninemonth volunteer service program with a communi-

In 2006-2007, 957 participants provided the equivalent of 743,997 working hours in more than 700 not-for-profit organizations, for an esti-mated value of \$11,630,000.

"It is unimaginable that a nation such as Canada, which prides itself on being a progressive and inclusive world leader, does not have a coherent national strategy for engaging its youth," says Sal-



want You want to be here.

OPEN HOUSE - Saturday, October 25th from 10:00 am to 2:00 pm

Join us on Saturday, October 25th for our fall Open House. It is an opportunity for you to meet professors, learn more about our degree programs, and tour our campus. Enter to win one of two \$1000 tuition credits and other great prizes!

7128 Ada Boulevard, Edmonton, Alberta Telephone: 780.479.9220 Toll Free: 1.866.479.5200





special feature that focuses on education and student life.

Help for 'non-traditional' students

ERIC EMIN WOOD for Metro Canada

University may represent a difficult transition for Canadian high school graduates, but at least they're used to the system. For international students, university may present a language barrier, while older students often have trouble adjusting (or re-adjusting) to modern university life.

Not every university has a program specifically targeting students outside the Canadian high school graduate archetype, but most make sure existing programs are accessible to "quote-unquote 'non-traditional'" students, says Chris McGrath, assistant dean of student affairs at the University of Toronto.

"We develop our orientation events knowing that not everyone in the room is going to be a standard 18-year-old first-year student," he says. "So rather than isolating these students and having them shunted into a specific workshop or an experience that does not include everybody, we tend to cast a broader net, to try and include as many people as possible."

For the international student having trouble speaking English, for instance, McGrath says he would connect them with the



Transitioning to university may be difficult for both international and older students.

university's English conversation program, which is offered through the cam-

pus-based International Student Resource Centre. "We take the approach of presenting ourselves as open and accessible and approachable, so that a student can come to any of our offices and say, 'Listen, here's what I'm dealing with,'' says McGrath. "And whoever's on the receiving end can either say a) 'Yeah, I can help you, 'or b) 'You know what, I can't help you, but I know exactly who can."

For older students, McGrath says, he would find ways to connect them with organizations "aligned with their personal interests" and help them develop "the self-advocacy skills they need to engage in conversations with people who lead groups or organizations and say, 'I want to

be a part of this community but I don't feel like I'm connected because of my age."

Most colleges and universities are equipped to deal with any range of student issues, says McGrath, but students need to ask where they can find help.

"That's often the biggest challenge," says McGrath, "having the confidence to step forward and say 'Listen, things aren't sitting right with me.'

"Once the question's asked, then the university and its services can move into action and help the student along. But if we don't know there's an issue, there's not a lot we can do to help them."

INCOME TAX COURSE

CURRICULUM - During the 11-week course, students study the basics of income tax preparation including current laws, theory and application.

SUCCESSFUL STUDENTS RE-CEIVE an H&R BLOCK certificate of accomplishment and the opportunity to interview for employment with H&R BLOCK. However, completion of the course does not guarantee employment.

H&R BLOCK KNOWS TAXES AND HOW to teach them. Our instructors are expertly trained and are experienced BLOCK personnel who make each ses-

personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and schedules.

CLASSES ARE FORMING NOW. Enrolment is open and classes begin Sept. 14. A choice of morning, afternoon and evening sessions is available. ANYONE MAY ENROL. APPLICANTS need only the willingness to learn about taxes.

THE TUITION COST covers the complete course, including text-books, all materials, reference guides and registration.

FULL DETAILS ARE AS CLOSE AS YOUR PHONE. Just call for complete details on class locations, starting dates, tuition, etc.

Act promptly as classroom space is limited. Early registration will ensure your place in the school.

YOUR INQUIRY IS INVITED. For more information visit www.hrblock.ca or call us at:

1-877-32BLOCK (1-877-322-5625)



H&R BLOCK

Enrolment restrictions may apply. Enrolment in, or completion of the H&R Block Income Tax Course is neither an offer nor guarantee of employment. © 2007 H&R Block Canada, Inc.

Harder for students to get loans, credit

EVA LAM for Metro Canada



Post-secondary students, long the target of credit card companies, may soon find it harder to get their hands on that little piece of plastic.

You can thank the current credit crisis for that.
Around the world, banks are tightening their lending standards — and no one seems to know how long

the crunch will continue.
Students may already have seen the effects on campus, once a prime location for credit card companies to hook young consumers to their brand.

"What we're finding is there are fewer credit card offers being made around university nowadays," says Fred Lazar, a professor at the Schulich School of Business at York University. "And the credit cards that are being offered are proba-



Fewer credit card offers are be ing made around universities these days in light of the financial crisis, experts say.

bly coming with much smaller limits."

Banks looking to eliminate risk have also made it

harder for students to get loans, unless they are guaranteed by family, schools or government. "If it's simply a student who may need to borrow money to go to school and repay it with the money they get from work, those types of students are less likely to get a loan nowadays from a bank," says Lazar.

At the financial aid office at Ottawa's Algonquin College, students commonly ask for advice managing their finances, ways to get money and a range of other issues. So far, the credit crisis has not been one of them.

"Students always have financial difficulties," says manager Linda Fielding. "We're not hearing any new issues as a result of the credit crunch but we're certainly hearing the same issues."

She admits the credit shortage could have a more noticeable impact by this time next year, especially if there is a lack of jobs.

"The potential is always there because I think it takes a while sometimes for these issues to trickle down," she says.

Similarly, students seeking money-related advice at the University of Ottawa have not yet expressed anxieties related to the credit crunch. Patrick Coucelles, director of the financial aid and awards service, says the majority of students who come to the office are dealing with government-issued student loans.

However, he agrees students should be prepared. Instead of relying on credit cards or lines of credit, students should focus on funding from the university, he savs

says.
"What I would say to students is to really do their research and make sure they're accessing all the other sources of funding," he says.



Your career is waiting

Health, Business, Industry, Human Services

Your **Quest** for a **career** starts here.

Call 780-644-6000



Ambrose's patience pays off

ALICIA FOX



After a five-year wait, Ambrose University College is seeing patience pay off.

Previously located in downtown Calgary, the faith-based, fully accredited college has repositioned itself in a brand new, 130,000 square-foot campus near 17th Avenue and 69th Street SW.

Helen Phiessen, director of enrolment services, said the new location has opened up more opportunities both within the college and the community, including community choirs and orchestras, and community learning. Gym and pool facilities are also open to the surrounding public.

"We're looking forward to growing in students," Phiessen said, adding that academic developments include a new biology program and developing an education program. The campus is built to hold 2,000 to 2,500 students — a big leap from their current 600.

However, she emphasized their focus will still be



"Students are excited to have their own place," Ambrose University College's Helen Phiessen says.

on one-on-one learning and small class sizes.

"There's plenty of room for growth while still taking care of our core principles," she said.

While it isn't located in what's considered a "central" location anymore, she said transit is still easily accessible.

The option for parking and the first-time cafeteria have also been a hit with the students, she said.

But every change comes with its inconveniences. Growing pains, aside from the hassle of moving, have included making sure students have a voice in the process and meeting increasing demands and expectations from them. Although they aren't still under construction, there's still a to-do list to be completed. However, Phiessen said she's heard great things from students.

"Students are excited to have their own place," she said.



Students are paying 3.6 per cent more for tuition in 2008/2009.

Tuition fees rise again

The cost of higher education increased again this year for students across the country, with students paying 3.6 per cent more for tuition in 2008/2009 than in the previous year, according to a Statistics Canada report released last week.

Last year, students across the country paid on average \$4,558; this year the national average went up to \$4,724. Students in Ontario will be shelling out nearly \$1,000 more for their degrees, paying close to \$5,643 in the current academic school year.

In Nova Scotia, fees

In Nova Scotia, fees dropped to under \$6,000. In the past decade, tuition has doubled the rate of inflation. Tuition has increased each year by an average of 4.4 per cent. During that time, inflation, as measured by the Consumer Price Index, has risen at an annual rate of 2.3 per cent.

The average tuition fee of students doesn't include ancillary fees for athletics, health services and student associations. On average, Canadian undergraduate students paid \$695 for these fees in 2008/2009, up from \$673 in the previous year.

Statistics Canada looked at data from 138 institutions in 2008/2009, including colleges, which offer degree programs. Only tuition fees for degree programs are reflected in the results. Torstar News Service



The Faculty of Extension has the professional development programs to fit your working life and ambitions

Business Programs

Certificates, Citations, Seminars and Short Courses

JUMP START YOUR CAREER and GET THE EDGE you need in today's competitive workplace with a University of Alberta Business Certificate or Citation. If you're looking for new ideas and skills and you need them NOW, why not take a business seminar or short course?

Certificate Programs

- Management Development
- Management Development for Professional Engineers, Geologists and Geophysicists
- Management Development for Police Services
- Human Resources Management
- Information Technology Management
- Security Management

Citation Programs

- · Supervisory Development
- Professional Sales
- Business Analysis Professional Citation Program

Adult & Continuing Education (CACE)

The Certificate in Adult & Continuing Education (CACE) program is designed to meet the growing need for formal education and training by developing and enriching the knowledge and level of competence of those practicing in the field of adult education.

Construction Administration

Become an effective administrator of construction projects in a wide range of sectors in the economy. Whether you work in construction, design, project management, manufacturing and supply, development or real estate, you will benefit from this application of administrative and technical concepts, principles and practices to your role in the construction field.

Environmental Resource Management

This certificate program explores the critical ideas and developments that affect your organization's environmental performance. The ERM program examines several areas, including: air, water, and soil processes, environmental monitoring, biotechnology, instrumentation and experimental design.

Occupational Health and Safety

GET CONNECTED...to health and safety. It's good business and a great career. This certificate program is designed to help practitioners from many different backgrounds develop the competencies needed to be effective in the development, implementation, and evaluation of occupational health and safety programs and systems in a wide variety of workplace environments.

The Occupational Health and Safety Certificate is offered in various locations in Alberta: in Edmonton (U of A), Calgary (Mount Royal College), Fort McMurray (Keyano College), at Red Deer College, and at Grand Prairie College.

Join us downtown!

The Faculty of Extension is pleased to announce its new, downtown location: **Enterprise Square**, at 10230 Jasper Avenue NW.

The University of Alberta's new city centre hub, Enterprise Square is in the newly-renovated, historic Hudson Bay Company building.

Join us downtown and discover how part-time study can advance your career.



Learning Curve is a special feature that focuses on education and student life.

Eat well on the go



The busy lifestyle of students often doesn't leave time for proper meals. But if you have five minutes, you have time to make a nutritious breakfast and lunch.

Vancouver-based regis-tered nutritionist Rouve Hembling gives students the low-down on how to eat well for breakfast and lunch, whether you have five minutes or 30.



Hembling's recipe

Homemade Italian Dressing

- 2 cloves of garlic, minced
- 2/3 cup red wine vinegar 2 tbsp balsamic or apple cider vinegar
- 1/3 cup olive oil or flax oil
- 2 tsp Italian herbs
- 1 tsp sea salt

Put ingredients in jar and

BREAKFAST

• Five minutes: Throw frozen fruit, protein powder, fruit juice and an essential oil like flax into a blender and then take your homemade fruit smoothie

> with you to go.
> • Fifteen min-

utes: Pre-soak your oat-



Nutritionist Rouve Hembling suggests organic apples as a good snack choice. They're rich in minerals.

meal in water the night before to save time in the morning. Add honey, berries, cinnamon and nuts for flavour.

• Thirty minutes: Whip up an omelette with vegetables like peppers, onions and mushrooms. Add a slice of whole-grain toast to the mix and you've got a well-balanced meal.

two hours a day travelling,

she now expects a half-

hour roundtrip.

LUNCH

• Five minutes: Heat up some pre-made soup and have a slice of whole wheat bread on the side. You can try making your soup be-forehand, but if you're strapped for time, many grocery stores offer fresh soups to go. Avoid canned soups. They can be high in sodium.

 Fifteen minutes: Quinoa is a super grain that's high in protein and calcium. Simply boil it for an ancient grains salad. Add the prepared quinoa to a bed of lettuce or cabbage and top with sautéed mush-rooms and chopped red onions. Finish it off with a vinegar-based dressing.

• Thirty minutes: To whip

up carrot-and-lentil patties, boil half a cup of lentils and one-and-a-half cups of grated carrots. Mash. Add half a teaspoon of curry powder, two egg yolks, cilantro and a quarter cup of breadcrumbs and mould into patty shapes. Dip them in breadcrumbs and cook in olive oil until golden brown.

Time more valuable: Survey

JIM REYNO iim.revno@metronews.ca

You've got to consider benefits, pension, safety, work environment and other factors when you choose your career. But maybe it boils down to this: Time or money.

A new poll by Goodyear Canada has found that one quarter of Canadian commuters would take a pay cut for a shorter drive to work. And as many as 13 per cent said they've gone so far as to consider quitting their job because of the commute

Sarah Stevenson did go that far. She's changed jobs — and taken a \$5,000 pay cut — to work closer to home. Instead of spending

"Getting up at 5:30, six o'clock in the morning, and it's dark and cold in the middle of the winter it just didn't appeal to me again," said Stevenson,

who works in advertising. "The quality of life you have when you're spending at least two hours a day in the car, if not more it's not worth it."

According to the poll, Ontario drivers are the most likely to take a lower salary for an easier trip at 28 per cent. Quebec (27 per cent), B.C. (24), Atlantic Canada (21), and Manitoba, Saskatchewan and Alberta cent) are more likely to take a cut than men (24).

As for considering quitting a job because of the long drive, Alberta and B.C. drivers lead at 17 per cent. Quebec (15 per cent), Ontario (12), Atlantic Canada (10), and Manitoba and Saskatchewan (nine) follow. By gender, it's 13 per cent each.

According to the most recent StatsCan findings in 2005, Canadian drivers spend an average of 63 minutes daily commuting roundtrip for work. And according to the Goodyear poll, that's too long for many of us.

About 40 per cent of



Not looking forward to your commute this winter? One-quarter of Canadian commuters would take a pay cut if if meant a shorter - and easier - drive, a new study shows.

those polled say their maximum commute would be half an hour.

A 60- to 90-minute work trip? Just 13 per cent say they could hack that. Six per cent say they could live with a commute of 1-1/2 to two hours.

Then you've got the road

warriors. Two per cent said they could handle more than three hours a day on the road.

The poll was conducted by Harris/Decima between Aug. 7 and Aug. 17 among 1,000 Canadians, and has a margin of error +/- 3.1 per cent, 19 times out of 20

Contest for commuters

- Goodyear is looking for the Canadian with the longest daily commute to work. The winner gets \$5,000 worth of prizes, including new tires and chauffeur service for a day.
- Go to goodyearlongestcommute.ca to enter. Contest closes at 11:59 p.m., Nov. 30.

4 months coaching 6 months mentoring

This FREE government funded program STARTS SOON! Income support for 6 months may be available



The Business Training Experts

Let our experts help you create the business of your dreams · Training to help you build a winning Business Plan

- · Start-up and Business Growth Strategies
- · Coaching by professional trainers to help you succeed
- · Mentoring for up to a year to keep you on track
- · Professional Sales Training, Networking Opportunities, and so much more!

Scientists have discovered a gene mutation linked to the most common cause of blindness in the developed world, holding out the prospect of better treatments and perhaps eventually a cure.

lifestyle 17

Health



Live Clean expands eco offerings

Live Clean, a vegan collection of hair, hand and body products launched just a year and a half ago, has added seven new items to its lineup. These include th Fresh Water Moisturizing Body Wash (\$6.99), far left, Green Earth Firm Hold Styling Mousse (\$6.99) and the Sweet Pea Moisturizing Liquid Hand Soap (\$4.99). Live Clean products are available at Shoppers Drug Mart, Wal-Mart, PharmaPlus and Loblaws stores across Canada. METRO NEWS SER! METRO NEWS SERVICE

Unemployed? Get fit

Employment status can impact health: Study

CELIA MILNE for Metro Canada

If you are unemployed, under-employed or have a precarious work situation, now is the time to look after your health.

Studies have shown that people who are unemployed or under-employed are more at risk for health problems than those with good jobs, according to Dr. Emile Tompa, a scientist at the Institute for Work and Health in Toronto.

In fact, studies show that "unemployed adults have consistently been found to die earlier than employed adults," he says.

Under-employment is a problem looming for many Canadians. Working parttime may be considered

under-employment you'd rather be full-time, if the work is low paying or if you aren't using your skills.

In studies done by Dr. Tompa and colleagues, "individuals with less than optimal levels of employ-ment had higher rates of physical and mental illness compared with those in optimal employment," he says. Inadequate employment tends to be a problem that hits women, visible minorities and people with low levels of education more readily than men, whites and those with a higher education. Different types of underemployment have different health effects. For instance, if you're working too few hours, this has an

effect on self-esteem. If you are getting very low pay, this is associated with symptoms of depression

Under-employment can also lead to excessive use of alcohol. In addition, there is some evidence that lack of a job can have a negative effect on cholesterol, blood pressure and body weight. "The risk of a gain of 10 over

per cent in BMI was higher among adults," unemployed reports Dr. Tom-

If you are unemployed, under-employed your employment feels precarious, there are things you can do to pro-

health. Try to keep stress to a minimum and make sure vou have a good social support network. It is also important to eat well, avoid substance abuse

and keep fit.



Factors that add up to healthy work

Here are the factors scientists have found that add up to healthy work:

- Feeling certain that you'll keep your job.
- Control over the pace of your work flow
- Having legal protection from unfair dismissal.

Under- or un-

- An income and benefits that meet your needs.
- Prestige related to your work.

CELIA MILNE/FOR METRO CANADA



In Canada girls going away to university for the first time, on average, pack on five pounds in the first half of the year.

Undergrad girls gain

CELIA MILNE for Metro Canada

STUDY Girls gain weight when they first go away to university. These days, it may not be quite the notorious "freshman 15," but in Canada they are, on average, packing on five pounds in the first half of the year.

Researchers at Guelph University followed 116 girls as they started firstyear university. The study took place in the 2004/2005 school year. The girls were weighed and measured in August, November and March. The average weight of the girls went from 135 to more than 140 pounds.

Dr. Janis Randall Simpson (PhD), who led the study, called this weight gain "way higher than what would normally happen in this age group." The students' BMIs also went up, as well as their percentage of body fat and waist circumference.

The researchers asked the girls about their food intake and activity levels. The weight gain was largely attributed to more time spent at the computer and less time being physically

Walking to class, get-ting off the bus early and taking breaks to walk in between studying were all suggestions that girls could use to avoid the dreaded "freshman five."



18 health

High-tech bra not far off

A Smart Bra, developed by the Centre for Materials Research and Innovation at the University of Bolton in the U.K. last year, uses built-in microwave antennas to generate data about each breast. An alarm alerts the wearer about any potential cancer threat. BEST HEALTH MAGAZINE



Sexy Sarah Palin

References to governor's sex appeal sign of sexism?

've only been penning this column for about a month and this is the second time I've written about Sarah Palin. But when I read that Larry Flynt, founder of Hustler, has already shot a porn video using a Sarah Palin lookalike, I couldn't help

There are no less than 40 Sarah Palin videos posted on YouTube that run from the relatively innocent — "Sexy Sarah Palin shows off her sexy legs" - to the obviously cheeky but crude "I masturbated to Palin.'

Type "Sexy Sarah Palin" into Google and you get 1.3 million hits describing her as everything from "America's hottest governor" to "the hot politician." There are manipulated photos of her in a stars and stripes bikini, holding a rifle, and apparently you can even order "Sexy Sarah Palin" Halloween costumes. Seriously.

It's been said more than once that Sarah Palin has added sex appeal to the American campaign, but this strikes me as a little over the top. Okay, way over the top.

Even Pakistani president Asif Ali Zardari had to admit he thought Palin was "gorgeous," according to a The **J** Spot Josev Vogels

CNN report. When was the last time you heard a world leader comment on the physical appearance of another politician? I'm think-

ing ... never.
Whatever your thoughts of Palin and however seriously vou take her as a politician, the whole thing strikes me as blatantly sexist. Sure, there have been male politicians who have been known for their sex appeal: Bill Clinton, Pierre Trudeau. But I've never seen any pictures of Pete or Bill in swimwear.

When male politicians are referred to as sexy, more often then not, we are referring to his charisma, not his masturbation appeal. If a

male politician winks it is hardly characterized as "semiotic sexual flirtation for middle-aged white guys," as one commentator described Palin's incessant winking during the vicepresidential debate.

The references to Palin's sex appeal are silly and insulting at best and offensive at worst. I know it's in part because people don't take her seriously, and that her almost comic-like gun-totgosh-darn-it-let's-getthis-done attitude is an easy target for parody and ridicule, but, in a country where women make up less than 30 per cent of the political landscape, the fact that we think it's OK, even fun, to sexually objectify this woman reeks of pure old-fashioned sexism. And, in 2008, that's not an "ism" anybody should support, whatever your political stripes.

Josey Vogels is a sex and relationship colum-nist and author of five books on the subjects. For more info, visit joseyvogels.com.



Only fake mustaches are cool

Save 50% off Laser Hair Removal

Be hair-free for next summer with $\mathsf{Elos}^\mathsf{TM}$ chnology laser hair removal and save 50% off your first treatment.

Elos is the safest, most effective and comfortable solution available today.

www.focus-on-you.com

Research Study for Type 2 Diabetes Controlled **Through Diet and Exercise Participants Needed**

What is the goal of the study?

The goal of the study is to test the safety of a new oral medication to treat diabetes.

Who can enter the study?

Persons with type 2 diabetes who: are currently managing their diabetes through diet and exercise; are between the ages of 31-75 years; and have never received insulin therapy. Additional inclusion and exclusion criteria will be reviewed at time of screening.

What are the study participants asked to do?

Participants will spend a total of seven nights in the University of Alberta Hospital and make six visits to the research unit. Participants will be asked to take a new oral medication. Participants will undergo several monitoring tests (vital signs, ECG, blood and urine sampling).

Are participants compensated?

Participants will be compensated at a rate of \$20/hour for a maximum of 244 hours for their involvement in the study.

Who can I contact for more information?

You may call 780-407-2965 or email kate.bailey@ capitalhealth.ca to learn more about the study.

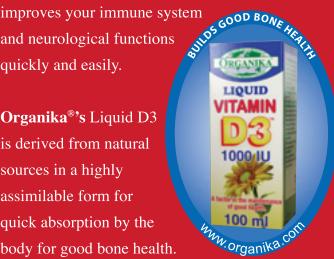


Organika[®]'s Liquid D3 builds good bone health,

and neurological functions

quickly and easily.

Organika®'s Liquid D3 is derived from natural sources in a highly assimilable form for quick absorption by the body for good bone health.



HEALTH MATTERS

3-9977 178 ST., Edmonton, Alberta T5T 6J6

Tel: 780 443 3335

Seth Rogen is to appear in a medical comedy. The actor has signed up to produce and appear in I'm With Cancer, which follows the experiences of a man with the disease.

metro

Love interest **Entertainment** love interest of Baldwin's character Jack Donaghy. IMDB.COM

Taking on the president

Oliver Stone's W is the latest film to tap fascination with U.S. leaders

STEVE GOW for Metro Canada

Just a few weeks before the U.S. election. President George W. Bush will be going to the movies. Well, actor Josh **Brolin's interpretation of** Bush anyhow.

When the movie W -Oliver Stone's take on the life of the current U.S. commander-in-chief - hits theatres this Friday, it will be the third such presidential exploration from the controversial filmmaker.

Most people expect a cinematic attack from the staunch liberal, Stone himself insisted in a recent interview with The Times, "It is a human portrait of a man, not meant to insult people who believe in what Bush believes in."

No matter what you think of Bush, there's no doubt moviegoers have long had a fascination with seeing presidents on film.

Whether it's the seminal 1915 silent movie Birth of a Nation, the Emmy-winning portrayal of an early President in HBO's mini-series John Adams, or the upcoming film version of a famous presidential interview in Frost/Nixon, Hollywood has long captured the lives of presidents on TV and at the movies. In fact, over a hundred actors have portrayed real-life presidents in cinema including Nick Nolte as Thomas Jefferson in Jefferson in Paris,



Josh Brolin plays U.S. President George W. Bush in Oliver Stone's W.

Ion Voight as Franklin D. Roosevelt in Pearl Harbor and Anthony Hopkins in Stone's biopic Nixon.

So why is Hollywood so fascinated? Perhaps it's that the role isn't just a position of authority, but one of cultural iconography. As politiscientist Matthew Voorhees wrote in a paper entitled The Celluloid Presi-

dent, "The high media visibility, symbolic value, and expectations of strong leadership that characterize the modern president also lay the groundwork for the president to be believable as a broader character type.'

As is the case for many films, that doesn't always turn into a positive account either. In fact, as spin everincreasingly turns the job of presidency into media spectacle, the public seems to have become more fascinated by the celebrity of the president than by his accomplishments. When W hits theatres on Friday, this obsession will be tested, and interest in the commander-in-chief will be clearly reflected in W's opening box office.

weekend box office

- Beverly Hills Chihuahua: \$17.5 million US
- Quarantine: \$14.2 million
- **Body of Lies:** \$13.1 million
- Eagle Eye: \$11 million
- **Nick and Norah's Infinite** Playlist: \$6.5 million
- The Express: \$4.7 million
- Nights in Rodanthe \$4.6 million
- Appaloosa: \$3.3 million
- The Duchess: \$3.2 million
- City of Ember: \$3.2 million REUTERS

metr⊕ Do it daily.



Fall for Colour

Keep your garden blooming with pots of frost-tolerant garden mums.





No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes October 17, 2008. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

Oscar-winning actor Tim Robbins has been awarded with a star on Hollywood's Walk of Fame. The actor is the 2,371st celebrity to be immortalized on the star-studded stretch of Hollywood Boulevard. BBC NEWS ONLINE

Retribution fuels tale 'What the hell was I thinking?'

BookPicks

The Thief and the Dogs

Author: Naguib Mahfouz Publisher: Anchor Books Price: \$14.95 (Paperback)

FOUR YEARS behind bars may as well be 40. That's the revelation experienced Said

Mahran, an Egyptian nationalist bent restoring on social justice stealing from the rich.



After he does his time, he realizes the world on the outside isn't the same one he left behind. His six-yearold daughter snubs him, his wife and aide have married and a former mentor has hypocritically found wealth in business and journalism. The novel, originally published in 1961, sees Nobel laureate Mahfouz assemble through stream-of-consciousness the image of a man set on

retribution, no matter what

Do Gentlemen **Really Prefer** Blondes?

Author: Jena Pincott Publisher: Bantam Dell Price: \$23 (Hardcover)

HONESTLY, haven't you always wondered if semen makes you happier? Fear not. Do Gentlemen Really Prefer Blondes? answers this and nearly 100 other questions about sex, ro-

mance and attraction, all with a scientific basis. Author Pincott explores the senses, sexuality, dating



brain's role in it all, interspersed with case studies and international examples to substantiate her claims. Whether you want to know if a father's potential can be judged by his face alone, if generously endowed men are more likely to be cheaters or if your sex drive is determined by the season, Pincott has an answer.

Bittersweet: onfessions of a Twice-Married Man

Author: Philip Lee Publisher: Goose Lane Editions Price: \$22.95 (Paperback)

AS CANADA'S divorce rate hovers around 40 per cent. nearly half of



Canadians share marriage's dissolutive pain. Canadian Association of Iournal-

award-winning ists writer Lee attempts to bring the suffering to the forefront in Bittersweet. The biographical account recalls the end of his first marriage and how it caused youthful emotionalism to quickly creep upon him. Bittersweet helps Lee lay his life in front of him in an attempt to understand, reconcile and progress.

BRIAN COULTON/FOR METRO CANADA

Britney asks in new documentary

TELL-ALL Pop star Britney Spears plans to set the record straight her about personal

mentary to be

aired

and profes- Britney sional woes Spears in a docu-

shortly before the release of her new album Circus on her Dec. 2 birthday.

In the 90-minute film,

Britney: For the Record, Spears talks about her meltdown, high-profile which in

HALLOWEEN PROPS,

PET COSTUMES AUP,

COSTUMES CHILDRENS

cluded stints in rehab and psychiatric hospital units, an ugly divorce, losing custody of her two sons and shaving her head

"I sit there and I'll look back and I'm like: I'm a smart person. What the hell was I thinking?'

the

26-vear-old singer says the documentary shot by filmmaker Griffin Phil three over

months

In the past six months Spears' father Iamie has taken over management of her affairs and helped get his daughter's life back on track.

album The marks the follow-up to 2007's Blackout, which was also billed as a comeback, but failed to return Spears to the commercial heyday she enjoyed at the turn of the century. The documentary,

described as show-ing "the reality of trying to live a normal life after all that has been exposed through the media," is set to air on MTV Nov. 30.

Spears says she hopes it will help her "set the record straight."

REUTERS

Mixed reactions to Jolie breastfeeding photo

CONTROVERSY A magazine cover photo of Angelina Jolie breastfeeding one of her newborn twins may have turned the superstar actress into a role model for new mothers.

The photo, taken by Jolie's partner Brad Pitt, will adorn the November issue of W magazine. Other family pictures taken by Pitt in the weeks after the birth in July of twins Vivienne Marcheline and Leon Knox will appear inside.

"I think it is fabulous. Seeing a celebrity like Angelina Jolie breastfeed can be a role model to encourage women to make a choice that is wonderful for their baby," said Andi Silverman, mom of two and author of Mama Knows Breast.

"Breasts are used to sell all sorts of products, so to see them used the way nature intended can only be a

great thing," she said.

Jolie's global influence as a style-setter and through her humanitarian travels and support of kids in third world countries, ensured the impact of the photo of her special moments

with her baand it could inspire other mothers to follow suit.

DVD picks

Indiana Jones and the Kingdom of the Crystal Skull

Director: Steven Spielberg Rating: PG

DISAPPOINT-MENT was inevitable with the fourth chapter of the Indiana Jones franchise, since the wait was so long and expectations were so high. But plot quibbles aside, it's still great to see a good old friend come around again.

Indy IV arrives 19 years after we last saw the fedo-ra-wearing archeologist riding off into the sunset at the end of The Last Crusade. This time out, Dr. Jones (played once again by a durable Harrison Ford) finds himself in a rambling plot involving the paranoia of the Cold War, atomic aggression,

McCarthyite witchhunts, celestial visitations from little grey men and some heavy mythology

about super-natural crystal skulls in a temple deep within the South American jungle.

The convolutions may leave children and series newcomers scratching their non-crystal noggins and parents be warned: The melting faces and man-eating ants may be

too intense for tots

But what a joy it is to watch the talent Spielberg has assembled again at work and play. Shia LaBeouf is terrific as the motorbike-riding switchblade-snapping greaser who becomes Indy's new sidekick. And Cate Blanchett adds another notch to her belt with her sexy sword-swishing portrayal of Russian KGB villainess Irina Spalko.

The movie comes in both double-disc regular DVD and Blu-ray packages, lack commentaries (Spielberg and Ford hate them) or deleted scenes, but the many featurettes about props, special effects and the first day of shooting help whip the set into reasonable shape.

TORSTAR NEWS SERVICE

Fugitive Pieces

Director: Jeremy Podeswa Rating: 14A

HOW CAN YOU ENJOY life, knowing others in your family were robbed of a chance to grow old?

Survivor guilt and other restless spirits trouble Fugitive Pieces, Jeremy Podeswa's well acted but dramatically unyielding screen adaptation of poet/author Anne Michaels' award-winning 1997 novel. Toronto writer/director Jeremy Podeswa has chosen a unique work that resists conventional narrative techniques Podeswa says he felt drawn to make it because his father was a

Holocaust survivor.



HOURS: M-F: 10AM-9PM · SAT: 10AM-6PM · SUN & HULTDAYS: 12-5PM

Jakob (Stephen Dillane), a Polish Jew living Canada, is unable to

his shake unfortunate past. As a 7-year-old child in Nazi-occupied Poland, he narrowly escaped as jackboots attacked his family.

Greek archaeologist Athos (Rade Sherbedgia) took young Jakob under his wing, at great personal risk. He took Jakob first to Greece, from where they

later emigrated to Toron-

Jakob has now grown to be a successful writer of Holocaust memoirs in a grim pursuit he calls "harvesting darkness." He lives Alex (Rosamund Pike), who lives with a zest for life Jakob can barely comprehend.

For all of the merits of Podeswa's painterly approach to Michaels' source novel, assisted by Gregory Middleton's impeccable cinematography, Fugitive Pieces is curiously drained of drama. The message is uncertain, and some characters are little more than sketches. But the acting is above reproach.

TORSTAR NEWS SERVICE

Singer Katy Perry has been announced as the host of the MTV Europe Music Awards. The event takes place in Liverpool, England, on Nov. 6. BBC NEWS ONLINE



entertainment 21

TV salary realities | Smarts beats size — in

IntelleVision



PAYDAY The next time someone tells you that it pays to be nice, it'll be useful to remind them that Simon Cowell, the Idol judge who gets the most hate mail, mostly for saying the obvious about contestants, is one of the highest-paid people on television today. Cowell's paycheque has been big news for several years now, as he's repeatedly up in the fiscal ether with Oprah and Jerry Seinfeld, but it's a story that just won't die, mostly because most people can't figure out just what he does to pull in that kind of dirty green.

It was Australia's turn to share in the outrage, with an interview with Cowell's friend and onetime boss, Idol and So You Think You Can Dance producer Nigel Lythgoe, the principal thrust of which seems to have been to fathom the Cowell wage enigma. think Simon is now earning something like US\$36 million a year from Fox alone," Lythgoe told the Queensland Courier-Mail, but they can afford to pay him that because at one point we heard (Fox) were getting something like \$900,000 and \$1 million per 30 seconds in advertising revenue."

Cowell is paid more be-cause he "brings more to the table" than fellow judges Paula Abdul or Randy Jackson said Lythgoe, but he's also the superior negotiator, only signing on for year-long contracts and renegotiating them ruthlessly. It's a tactic that has given Cowell mansions in Beverly Hills and London's Holland Park, a Rolls-Royce Phantom for his chauffeured ride, and a Bugatti Veyron as sporty little runabout.

Somewhat related, CNN ran a story recently estimating what TV characters would earn in real life – subject I find endlessly fascinating, since the first blow a show's credibility

usually takes comes in the form of questions like "and she can afford to live in that apartment on her salary?' Based on statistics mostly sourced from Career-Builders.com, CNN guessed that Michael C. Hall's Dexter Morgan, serial killer by night, pulls in \$47,680 a year as a police forensics expert, less than Julia Louis-Dreyfus' gym owner on The New Adventures Of The Old Christine (\$55,201).

What was really interesting was the salary of Don Draper on Mad Men, earning \$41,379 as an advertising creative director, adjusted for inflation, from which he can comfortably be his family's sole bread-winner. He'd need to earn at least three times that much today to do barely better, which is a testament to the steady but wild rise of both real estate and real consumer goods prices in the last 40 years; and we wonder why he's the one who drinks too

> Rick McGinnis writes about music, but not opera.

politics and your backyard



want to discuss two serious and interrelated issues facing Canadians today. The federal election and bad squirrel behaviour. The more pressing one first. Squirrels.

Yesterday, I decided it would be pleasant to take a chair into my tiny city backyard,

Election 2008

place it under a shady anď tree drink a cup

of coffee. On the grand scale of "wild and exotic ways of pursuing happiness," this didn't strike me as setting the bar too high.

Chair placed, coffee in hand I was enjoying the quiet, admiring the glitter of sunlight through leaves, when a ruckus began overhead. A squirrel was hang-

Rez Rides

Les Carnets du bourlingueur

Degrassi: Next Instant Star
Question Period

MTV Live

Judging Amy Journal TV5

Be Loud on Oct 14th (N)

Mysterious Ways

Humanima

 105
 TV5
 145
 761
 Himalaya
 Humanima

 106
 RDI
 126
 730
 Élections Canada 2008 "Le Chiange Canada 2008"

Fish Out of

Making the Band 4

Pimp My Ride Technical Diff. disBand
Prime.-Politics Headline Politics
Killer Next Door Missing L

Club social

chattering noisily at me.

A mangy black squirrel. Spikey fur. Bulging eyes. A squirrel equivalent of Mick Jagger. Making more fuss than Steven Harper at a subsidized arts event. Unfazed by the criticism and complaining, I've raised teenagers after all; I continued to enjoy the fall sunshine. Eventually the thing gave up and went away. Five minutes later, I was hit squarely on the top of my skull by a chestnut.

The squirrel was perched above, peering down, disappointment spread across its

little face that I wasn't gone or dead or both. I stood up and shook

11:00

News (N)
Law/Ord SVU
After the Vote

Without Trace

Your City

News Hou

Virginie (SC

First Nation

Missing Link

a fist. The squirrel decamped to a far branch. I returned to my coffee, telling myself smugly that brawn will always beat brains. Trying not to think too hard where that placed me, or the squirrel. Then, a rustling in the tree above. The squirrel peed on my head.

10:30

vast world, there are a few gestures that are universally understood. A smile means friendship. A frown indicates sadness. And peeing on someone's head almost always means, your face."

In the battle for ownership of the five foot patch of grass in my backyard, the score was squirrel: 1. human possessing traits such as opposable thumbs and credit cards: 0. I got up, walked with no dignity whatsoever back into the house and took four successive showers

Which brings us to the federal election. Really. Getting what you want in life doesn't always come down to how big you are. Sometimes, the key is being smart enough to make use of every tool at your disposal. So today I, for one, am going out to vote. And then, I'm buying a hard

Anne Hines is an author and humour writer. She has written three novels and or collection of nonfiction humour.

Top Model struts into spinoff

REALITY TV The CW is spinning off its hit reality series America's Next Top Model.

The network has ordered a pilot for Operation Fabulous, starring Top Model regulars Jay Manuel and J. Alexander and executive produced by Top Model chiefs Tyra Banks and Ken Mok.

On Fabulous, Manuel and Alexander will travel the country giving women makeovers.

In various towns, the duo will select five participants and give them Top Model-style overhauls how to dress, wear their hair and makeup and bring out their confidence with the support of family, friends and their community.

In **brief**

MUSIC Rock band Oasis went straight to No. 1 on the U.K. album charts Sunday with their first album in three years, continuing their unbroken string of chart-toppers.

Dig Out Your Soul, Oasis' seventh album, ended the twoweek reign of cult American rockers Kings of Leon's"Only by the Night, which slipped to No.

9:00 9:30 10:00 8:00 | 2 CFRN 239 318 | Election 2008 The results of the federal election (Live) | 3 KHQ - 370 | News (N) | Be-Millionaire | Jeopardy! (N) | Wheel-Fortune | The Biggest Loser: Families (N | 4 CBXT - 307 | CBC News Special | "Canada Votes 2008" (HDTV) Federal election. (Live) | The Biggest Loser: Families (N | 4 CBXT - 307 | CBC News Special | "Canada Votes 2008" (HDTV) Federal election. (Live) | NCIS "Heartland" (N) | TOKEM 241 347 | Law & Order: SVU | Privileged "Pilot" (HDTV) | Opportunity Knocks (N) | B CITV 240 339 | Decision 2008 | Decision Canada 2008 The federal election. (Live) | News (N) | Election Result Corner Gas NY-Hollywood Friends a 2008 The federal election. (Live) Nova (HDTV) (N) (DVS) Ad Persuasion Wild! The five big cats. 22 NTS - 3-37 3-48 Frontline "The Choice 2008" (N) (DVS) 15 CBCN 502 - CBC News Special "Canada Votes 2008" (HDTV) Federal election. (Live) 21 TWN 505 398 (5) EarthWatch One EarthWatch One 27 CNN 500 500 Larry King Live Anderson Cooper 360 (HDTV) 54 CTVN 501 391 [CTV Newsnet News CTVN SON 391 [CTV Newsnet] News 2008" (N) (DV My Hero EarthWatch Two CTV Newsnet

Dancing With the Stars Knight Rider News (N) Summer Wine Tavis Smiley Charlie Rose (N) Larry King Live Cooper 360 CTV Newsnet
 70
 BNN
 504 508
 Squeeze Play

 20
 TSN
 400 400
 NHL Pregame
 NHL Hockey Col

 23
 net
 408 418
 MLB Baseball: American League C

 47
 SPEED
 417 406
 Low Life
 SuperCars
 In This Corner IDTV) (Live) SportsCentre Sportsnet Connected Pinks (HDTV) Pass Time Super Bikes! Super Bikes! Unique Whips Low Life 94 SCORE 410 403 Poker: Canadian Open 9 EDACC 267 351 Help TV Hardcore Hockey Talk
Pushing Daisies (N) Help TV Fringe Prank Patrol Sabrina-Witch Malcolm-Mid. Home Improve Malcolm-Mid. Mystery Hnt Go, Diego, Go! Maggie-Beast Comfy Couch Rolie Polie Olie Beren. Bears Backyardigans Dora-Explorer George-Jungle Total Drama Futurama Life Derek Natural-Sadie 45 FAM 557 541 Zoey 101 Life Derek
- TVA 121 714 TVA 18 heures Le Cercle (SC) Wizards-Place That's-Raven Zack & Cody Han. Montana Ned's School - TVA 121 714 TVA 1 18 CMT 575 583 Reba Home Improve. Home Improve. Hope & Faith Hope & Faith A&E 615 520 The First 48 (HDTV) (N)

MMM 571 581 Listed The First 48 (HDTV) The First 48 Party of Five Fabulous Life Of... Don't Forget the Lyrics! Party of Five Chef School At the Table
About a Girl
Mighty Ships "Faust" 29 FOOD 603 561 The F Word Restaurant Makeove Challenge Chocolate art The F Word The Best Years (DVS) 31 SHOW 617 522 EastEnders 32 DISC 520 505 Destroyed Trailer Park Destroyed Testees Destroyed Destroyed Mighty Ships Wedding SOS In Laws
Three Fat Brides
A Life Half Full (HDTV)
 33
 SLICE
 601
 562
 Rich Bride, Poor Bride

 34
 W
 602
 567
 House
 Style

 35
 TLC
 521
 560
 Mystery Diagnosis
 Rich Bride, Poor Bride Style by Jury Style by Jury Mystery Diagnosis Tori & Dean: Home Will & Grace Friends Tori and Dean Dr. G: Medical Examiner 36 BRAVO 620 523 Life & Times 38 SPIKE 628 584 UFC Unleashed Celtic Roots Numus Law & Order "Strike Without a Trace RKO 281 (1999) MANswers CSI: NY "Admission Trek: Voyager 40 HIST 522 506 Ax Men NCIS "Eye Spy" Crime Stories Worst Jobs The Simpsons South Park
Lost "Born to Run"
Guess Who ** (2005, Comedy) 41 COM 626 547 Laughs Co 43 SPACE 627 528 Battlestar Galactica Corner Gas Comedy Now Air Farce Just for Laughs S. Silverman The Circuit Stargate SG-1 (DVS) Rabbit Fall Deep Space 9 Steve Harvey Family Guy Family Guy Pilot Guides Don't Forget Your Passport
Family Guy Seinfeld Don't Forget Your Passport Beverly Hills, 90210 Survivorman Family Guy Seinfeld
The Ellen DeGeneres Show (N) Planet Soap What Happen? Seinfeld Paris Hilton's My New BFF (N) Hollywood Colin & Justin's Home Heist Raymond Raymond Wings-Canada Great Towns A Day of Thanksgiving Paris Hilton's My New BFF 52 HGTV 600 564 Sarah's House Design Inc 65 TLN 700 800 48 Ore Holmes on Hor Design Inc. The Sopranos (SS George Lopez George Lopez
 65
 ILN
 700
 800
 48 Ure

 92
 APTN
 29
 550
 News

 93
 VISION
 261
 394
 Quantum Leap

 100
 MTV
 581
 586
 Making the Band 4

 101
 MM
 570
 580
 Dance
 Dance

 102
 CPAC
 512
 396
 (6:30)
 Headline Politics

 103
 CLT
 266
 507
 Missing Link
 Mixed Blessing
On the Buses Wapos Bay MythQuest "Mine

critics'corner-

They could have called it "Guinea Pigs," but that wouldn't be as appealing to viewers' inner 12-year-olds. This new sitcom from Kenny Hotz ("Kenny vs. Spenny") stars Steve Markle and Jeff Kassel as roommates who have found an alternative to working for a living: They get paid to test medications. personal care items and other products. Side effects may occur - and they do, with hilarious results. 10 PM on SHOW



Live at the Rehearsal Hall

A Great Big Sea concert is like a great big party. If you can't get to one anytime soon, though, catch the Newfoundland musical phenom in this episode from 2005. As always, the band wows the crowd with its energetic interpretations of traditional Canadian folk music mixed with original material. The members also chat with host Lance Chilton about their music and their relationship with actor Russell Crowe, 6 PM on BRAVO

back on again

COUPLES Supermodel Kate Moss has

rekindled her romance with rocker

Jamie Hince just two weeks after they

split, imdb.com reports. The couple re-

portedly called off their romance last

month in an alleged argument

over Moss's party-loving lifestyle

and her desire to have another

baby. But Moss was spotted en-

joying a lunch date with the Kills

star in upmarket London depart-

ment store Selfridges on Friday

er in public since their breakup.

"They've sorted their problems

and are as happy as they've ever been. They have been back to-

gether for a good week or so," a

source close to the pair says.

their first appearance togeth-

22 entertainment

Daisy bouncing back

Daisy De La Hoya may have had her heart broken in the season finale of Rock of Love 2, when Poison frontman Bret Michaels picked Ambre Lake, but the former exotic dancer is getting back in the game on a new VH1 show called Daisy of Love, premiering in the spring. PEOPLE.COM

Celebrity Buzz

Twin bundle of joy for Lisa Marie

MOTHERHOOD Lisa Marie Presley and her husband Michael Lockwood welcomed twin girls last week, People.com reports.

'The babies and mom are happy and healthy and resting at home," rep Cindy Guagenti tells Peo-

The baby girls were delivered by C-section at 2:46 p.m. and weighed in at 5 Îbs., 15 oz. and 5 lbs., 2

The singer, 40, had said on her MySpace page before the babies were born that she and her husband, 47, were "beyond thrilled and blessed, elated and saturated in happiness.'

The girls are the first children together for Presley and Lockwood, a musician. Presley, who proudly displayed her baby bump in the September issue of Marie Claire, has daughter Riley, 19, a model, and



METRO NEWS SERVICES Aniston happy being single

PEOPLE Jennifer Aniston is happy being single, femalefirst.co.uk reports. The former Friends star — who split from musician John Mayer in August — has re-cently been linked to actors Leonardo DiCaprio and Ger-Butler, but friends insist she is happier being alone

"Jennifer is not just looking amazing, she's feeling amazing," a friend said. "She's very content right now. She would much rather be on her own than trapped in a miserable relationship with someone who is wrong for her."

The actress turns 40 next year and her friends say she is excited about getting older. "Rather than dreading it, she sees it as a thing to celebrate and be proud of, not scared about," the friend added.

METRO NEWS

Mendes: No children, please

PEOPLE Eva Mendes doesn't want to have children, femalefirst.co.uk reports. The 34-year-old actress admits she has no desire to start a family with boyfriend George Gargurevich. just not that girl who dreams about being a mom. That's a real commitment and a whole lifestyle

change," she says. Mendes also shared her secret to escappaparazzi. "Don't date other actors. That's the secret," she big says. "If you are famous and you date someone famous, you're

> METRO NFWS SERVICES

Moss and musician celebrity briefs

Farrell: Booze almost killed me

PEOPLE Colin Farrell says drinking almost killed him, femalefirst.co.uk reports. "I'd been drinking since I was 14," he says. "At the beginning of recovery I found it really hard. For me there was no choice. It was tough but I was dving. I was struggling not to have a complete meltdown. I'm glad I'm out of that cycle, I'm

Hockey was her first love

very lucky."

SPORTS Alanis Morissette can be tough in her music, but imagine her on skates with a stick, People reports. "I've been a hockey fan since I was fresh out of the

womb," Morissette tells NHL.com. "I played street hockey a lot," the singer says.

Paris delays deplaning

VANITY Paris Hilton has taken vanity to jumbo levels, the Daily Mirror reports. The socialite refused to get off her flight when it landed in London last week, insisting she had to do her makeup. "Every other passenger had got off the aircraft but she stayed, telling staff she couldn't be seen in public until she

had decided on her outfit," an airport source said. After the effort, the source said: "Paris was red-faced as she through came airport pretty much unnoticed" METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

ennifer Lopez and Marc Anthony have "secretly" renewed their marriage vows. It was "secret' in the sense that nobody cares about them, or her butt, anymore. It is not reported whether they also renewed their respective divorce decrees. You'd have to ask Cris ludd, and assorted others, about that one. Sounds like it was a very special evening. Nothing says eternal love like vow renewal in the middle of the night at Caesars Palace's penthouse. If I'm Marc Anthony, I might think twice about summoning a man of the cloth at three in the morning. The minister's likely to take one look at Marc's ghoulish pallor, splash him with holy water and drive a stake through his heart. But hey, it was Vegas.

I'm sure the good reverend was an Elvis impersonator first and foremost. If you're reading this and thinking, "Who cares?" you're not alone. JPez seems increasingly desperate lately to reinvent herself as a triathlon-competing, twin-mothering woman. I sense a desperate, multi-pronged publicity grasp in her future. In March, she will shave her head and run the Boston marathon wearing a pregnancy rumourgenerating blouse and hip waders then set fire to Ben Af**fleck's** childhood home while screaming still, I'm still Jenny from the Block!"

You read it here first NEWSDESK@METRONEWS.CA

J. Lo, Anthony renew their vows Vegas-style

MARRIAGE More than four years after saying, "I do," Jennifer Lopez and Marc Anthony secretly renewed their vows in Las Vegas early Sunday morning,

People.com reports. Witnessed by two friends, the duo renewed their vows at Caesars Palace's Forum Tower Penthouse at 3:15 a.m., a rep for the hotel

ing that they wanted to do it and started calling for ministers. The renewal ceremony comes after the couple spent the previous evening club-hopping in Las Vegas and taking in a show. METRO NEWS

SERVICES

confirmed to People.

"It was totally a spur of

the moment thing," a source said. "They decided around 12:30 in the morn-









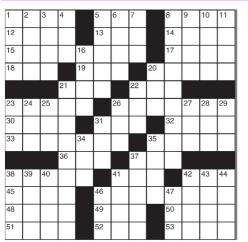






entertainment 23

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6		2			
7	1						8	9
	2			1		3		
	5		1	6				2
		2				1		
8				9	3		6	
		4		2			9	
1	3						2	4
			5		4			7

Crossword across

1 Help a felon 31 Shack 5 Witnessed 32 Tittle 8 Korean War movie 33 Sports arena 12 Went on horseback 35 Eightsome 13 Hasten 36 Rd. 14 Chills and fever 37 Commotion 15 Periodical 38 Ierry Herman heroine 17 "Inconvenient Truth" teller? 41 Expert 42 Taste the wine 18 Pig's home 19 Frequently, in verse 45 Foil cousin 46 "Golconda" painter René 20 Christmas-tree topper, 48 Set down maybe 21 Witticism 49 Past

50 Crazy

52 Corral

26 Vagrant

27 Parcel of land

51 Otherwise

53 She played Lili Von Shtupp

30 Bjorn of tennis **Crossword down**

22 TV lawyer Stone

23 Coffee additive

26 At a loss

1 Weaponry 2 Ocean vessel 3 Tense 4 Chamomile, for one 5 Work hours 6 "-We Got Fun?" 7 Teensy 8 Venetian noble 9 Enthusiastic 10 Foolproof 11 Shoe part 16 Speed 20 TV alien 21 A Biblical Mary 22 Chow down 23 Couric's employer 24 Deterioration

28 Schedule abbr. 29 Pop 31 Coloration 34 Wall climber 35 Smell 37 Inert gas 38 Strike from the text 39 October birthstone 40 Oahu souvenirs 41 Senate staffer 42 Old portico 43 Reason to scratch 44 Laborer 46 Chart 47 Sort

25 Epoch SWORD AND SUDOKU ANSWERS: 5 2 7 8 1 6 3 4 9 9 8 4 3 6 3 4 5 7 3 9 6 2 5 6 2 4 8 5 3 5 8 3 9 7 2 6 4 5 2 9 8 7 1 5 6 9 4 2 3

Find today's answers + play more games at metronews.ca

JODOKO JOLVE TIME.	1
Under 13 minGenius	2
13-17 minScholar	2

17-21 min 21-25 minNot bad 25+ min.....Keep practising

Recipe of the day

Spinach Salad with Chickpeas

INGREDIENTS:

2 medium onions, cut into 1/2-inch (1-cm) slices 1 can (19 oz/540 ml) chickpeas, drained, rinsed, and patted dry

1/4 cup (50 ml) lemon juice 2 tbsp (25 ml) flaxseed oil

1 tbsp (15 ml) olive oil 1 clove garlic, minced 1/2 tsp (2 ml) salt

1/4 cup (50 ml) crumbled feta cheese 1 package (7 oz/198 g) baby

spinach 2 apples, cored and sliced 2 tbsp (25 ml) ground flaxseed

METHOD:

1. Preheat oven to 400°F (200°C). Coat baking sheet with olive oil cooking spray. Add onion slices and coat each with spray. Roast for 10 minutes. Add chickpeas and roast until onions are tender and browned, 10 minutes.

2. Meanwhile, in a measuring cup, whisk together lemon juice, flaxseed oil, olive oil, garlic, and salt. Stir in cheese.

3. Place spinach in a large bowl and toss with onions. chickpeas, apples, and flaxseed. Drizzle with vinaigrette.

PER SERVING:

292 calories, 9 g protein, 37 g carbohydrates, 10 g fibre, 14 g total fat, 3 g saturated fat, 8 mg cholesterol, 476 mg sodium

SERVES 4

rd.ca

For nutritional info mation on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on



AVATAR VENUS

Horoscopes

ARIES

MARCH 21-APRIL 20

A health check has an impact on decisions. A dangerous guy gets ahead with a flash of insin cerity. Someone wants to have a good cry.

LIBRA **SEPT 23-OCT 23**

Be patient and show someone how to get a life. Intimacy develops with those who know the truth. Financial plans will disturb a romance.

TAURUS

APRIL 21-MAY 21 Have a strong plan to gather your scattered thoughts. If you're not certain – say so. Shun self-indulgent desserts tonight.

SCORPIO

OCT 24-NOV 22
An adversary returns from the middle of nowhere. Prepare to do battle with unreasonableness. A disagreement causes distress and dismay.

GEMINI

MAY 22-JUNE 21 Missing a deadline will cause meaningless anguish. Pay at-

SUDOKU SOLVE TIME.

tention to cryptic comments. Cheer up a clever but forlorn person.

SAGITTARIUS

NOV 23-DEC 21
A big shot will be tolerated to day. Don't rush in where angels fear to tread. Tranquility will feel peculiar after dark

CANCER

JUNE 22-JULY 22 Be sympathetic with arrogant people. A ruffian is revealing secrets and lies. Plans must be exposed in a thrilling statement.

CAPRICORN

DEC 22-JAN 20 Someone's bitterness at night is puzzling. Depart from the norm to find a solution. Pay attention to silly complaints and tricky situations.

LEO JULY 23-AUG 23

Remain calm if an argument develops. An enemy will back down. Pay attention to oncoming vehicles.

AQUARIUS

JAN 21-FEB 18
Rely on your wits to stop ridiculous prankster. Don't risk a sleepless night with an anximarathon. Take breaths if you're nervous

VIRGO

AUG 24-SEPT 22 A mediator inspires a spectacular uproar. A solution isn't what it seems to be. Try to ex-plain the rationale behind a

weird choice

FEB 19-MARCH 20

A pessimistic pattern emerges after a chat. Free a miserly person from a guarantee. You can survive without an intolerable individual



floral designs pumpkins

HOLE'S

780-419-6800 • www.HOLESonline.com







Everything you need for great skin. And for a limited time, just \$17.50.

3-Step Introductory Kits at a great price.

It's so pure: just soap, water. And science. Cleanse. Exfoliate to sweep away dulling surface flakes. Moisturize to replenish. Just 3 products, 3 minutes, twice a day. Dermatologist developed. Custom-fit to your skin. If acne is a concern, ask for our Acne Solutions Clear Skin System at \$42.00.



3-Step Skin Care System, \$17.50: Liquid Facial Soap, 50ml; Clarifying Lotion, 100ml; Dramatically Different Moisturizing Lotion or Gel, 30ml.

Acne Solutions Clear Skin System, \$42.00: Cleansing Foam, 50ml; Clarifying Lotion, 100ml; Clearing Moisturizer Oil-Free, 30ml.



Allergy Tested. 100% Fragrance Free.